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| **Week 4** | **Breakfast** | **Mid-Morning Snack** | **Lunch** | **Afternoon Snack** | **Tea** |
| **Monday** | Weetabix  Toast  Banana | Oatcakes  Melon | Pasta in tomato sauce with vegetables with mixed salad  Fromage frais/blueberries | Beetroot  Carrot sticks | Chipolatas with baps, corn on the cob  Fruit salad  Alternative  Vegetable sausages |
| **Tuesday** | Bread with cheese  Apple | Homemade scones  Plums | Roast lamb, roast potatoes, carrots with peas and red cabbage  Banana custard/fruits  Alternative  Vegetable tart | Mixed peppers  Cherry tomatoes | Pasta in tomato sauce with carrots mixed beans and peas  Apples/clementine |
| **Wednesday** | Shredded wheat  Toast  Plums | Cheese on baps  Mango | Baked salmon with sweet potatoes, stir fried courgettes & carrots  Rice pudding/fruits  Alternative  Bean stew | Cucumber sticks  Celery | Houmous flat bread with carrot, cucumber sticks and avocado  Banana strawberry  Alternative  Veggie bites |
| **Thursday** | Boiled egg  Bread  Peaches | Rice cakes  Grapes | Wholemeal savoury rice with carrots, peas and sweetcorn  Fresh fruits | Avocado  Beetroot | Homemade scones with cheese, tomato and mangetout  Fromage frais/berries |
| **Friday** | Porridge  Toast  Banana | Cream Crackers  Pears | Steamed seabass with tomato sauce, potato wedges, spinach and carrots  Fromage frais/blueberries  Alternative  Kale, cauliflower burgers | Tomato  Cucumber | Chicken, cheese or tuna sandwiches  Mango/apples |

**We use white and brown wholemeal pasta and brown wholemeal bread – menus are subject to change when necessary – milk and water is available for children to drink at all times**