Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned	Selection of	Selection of	Selection of	Selection of	Selection of
to provide 20% of	cereals & toast	cereals	cereals	cereals & toast	cereals & toast
a child's daily	with low fat			with low fat	with low fat
nutritional .	spreads.			spreads.	spreads.
requirements	Fresh fruit	Danala with law fat	To ook with I am for	Fresh berries	Fresh Fruit.
Drinks: Water only	available	Bagels with low fat spread	Toast with Low fat spreads	riesh berries	rresh rruit.
Lunch	Chicken Korma	Fish Pie- served	Tuna &	Sausages and	Butternut Squash
Planned to provide	served with pilau	with green beans	Sweetcorn pasta	fresh mashed	& chickpea tagine
30% of a child's	rice and steamed	With green beans	bake served with	potato served with	& chickped tagine
daily nutritional	vegetables		salad & Garlic	green peas	
requirements	l regeran.es	Vegetable/Lentil	bread	g. con pods	
Drinks: Water only	Vegetable curry	pie		Linda McCartney	
	served with pilau	•	Vegetable pasta	vegetarian	
	rice and steamed		bake served with	sausages	
	vegetables		salad and Garlic		
			bread		
Dessert	Fruit salad	Sugar free jelly with added fruits.	Peaches and	Apple crumble and	Yoghurt pots
		with added fruits.	cream Peaches and	ice cream	Vegan yoghurt.
			alternative		vegan yognurt.
Tea	Selection of	Vegetable stir fry	Fish fingers and	Soup served with	Pitta Pizzas,
Planned to provide	sandwiches	with fresh noodles	beans	bread and carrot	topped with
20% of a child's				sticks	cheese and
daily nutritional					sweetcorn
requirements					
Drinks: Water only					Vegan cheese
					pizzas.
AM Snack	Mixed fruits with	Rich tea biscuits	Mixed fruits with	Rice cakes with	Houmous with
	water or milk	with water/milk	water or milk	water or milk	peppers and
PM Snack	Crackers with	Poppore S	Rice cakes	Dinoanale C Malas	cucumber
PIVI STIACK	sunflower spread	Peppers & cucumbers	RICE CAKES	Pineapple & Melon	Fresh Mango
	Sumower Spread	Cucuiiibeis			

## Summer menu- Week 3