

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of cereals & toast with low fat spreads. Fresh fruit available	Selection of cereals Bagels with low fat spread	Selection of cereals Toast with Low fat spreads	Selection of cereals & toast with low fat spreads. Fresh berries	Selection of cereals & toast with low fat spreads. Fresh Fruit.
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Creamy Chicken and Mushroom with Linguine. Quorn Chicken and mushroom pasta. Served with broccoli and cauliflower	Fresh fish, served with new potatoes and fresh garden peas. Quorn fillets served with new potatoes and fresh garden peas.	Vegetable pasta bake Served with mixed vegetables and garlic bread.	Thai green curry, served with cous cous and Naan bread/	Pizza's with cheese, tomato, sweetcorn and peppers (Made with the children) Served with salad Pizza's with Vegan cheese. Served with Salad
Dessert	Fruit salad	Sugar free jelly with added fruits.	Peaches and cream Peaches and alternative	Vegan sponge cake served with custard	Yoghurt pots Vegan yoghurt.
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Stir fry served with egg noodles Rice noodle sir fry	Fish fingers, Potato wedges with beans	Pitta slices with houmous and cucumber & carrot sticks	Fresh crumpets with low fat spread served with peppers.	Scrambled egg and toast/ Beans & toast.
AM Snack	Mixed fruits with water or milk	Rich tea biscuits with water/milk	Mixed fruits with water or milk	Rice cakes with water or milk	Mixed fruits with water or milk
PM Snack	Crackers with sunflower spread	Peppers & cucumbers	Rice cakes	Pineapple & Melon	Fresh Mango

Summer menu- Week 2