



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast**

9:00 am

Cereals for the children to choose from, Cheerios, Rice Crispies, Weetabix, shredded wheat full fat/ semi skimmed milk and water

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Toast with jam, marmite, humus, butter, cream cheese and tomatoes, with milk and water

**Snack**

10:30 am

A selection of fruit with water

Tangerines, Strawberries, Apples, Banana, Melon

A selection of fruit with milk/ water

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A selection of fruit with milk/ water

Tangerines, Strawberries, Apples, Banana, Melon

A selection of fruit with milk/ milk/ water

Tangerines, Strawberries, Apples, Banana, Melon

**Lunch**

12 pm

Pasta & Cheese, Tomato sauce, Vegetable crudites

Fruit natural yogurt/fromage

Fish fingers, rice, Vegetable crudites

Fruit natural yogurt/fromage frais

Jacket potatoes, baked beans, Cheese, Sweetcorn

Fruit natural yoghurt/fromage frais

Salmon, roasted baby potatoes, vegetable crudites, sweetcorn

Fruit natural yogurt/fromage frais

**Snack**

2:30 pm

An assortment of crackers/ rice cakes/ bread sticks butter/ humus/ marmite

With milk and water

An assortment of crackers/ rice cakes / bread sticks butter/ humus/ marmite

With milk and water

An assortment of crackers/ rice cakes/ bread sticks butter/ humus/ marmite

With milk and water

An assortment of crackers/ rice cakes/ bread sticks butter/ humus/ marmite

With milk and water