

Sample Menu – Week 1



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available
Snack	Selection Fresh Fruit with Rice cake or Breadsticks Milk / Water	Selection Fresh Fruit with Rice cake or Breadsticks Milk / Water	Selection Fresh Fruit with Rice cake or Breadsticks Milk / Water	Selection Fresh Fruit with Rice cake or Breadsticks Milk / Water	Selection Fresh Fruit with Rice cake or Breadsticks Milk / Water
Lunch	Three bean chilli, veg and rice	Cottage pie with peas and sweetcorn	Pasta carbonara with ham and peas	Pasta Bolognese with garlic bread	Roast chicken dinner with veg and gravy
Dessert	Fresh fruit salad	Rice pudding	Fruit trifle with whipped cream	Banana with custard	Blueberry muffin
Light Tea	Spaghetti hoops with toast	Creamy pasta bake	Fish fingers sandwiches.	Ham and cheese sandwiches with corn snacks	Cheese and tomato pizza
*Babies	Homemade Vegetable soup		Fish fingers with spaghetti.	Steamed veg stew	Creamy tomato pasta
Dessert	Apple cake with pouring cream	Fromage fraise	Ice cream cone	Yoghurt	Fruit salad

Sample Menu - Week 2



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available	Selection of cereals & fruit bowl available
Snack	Selection Fresh Fruit with Rice cakes or Bread sticks Milk / Water	Selection Fresh Fruit with Rice cakes or Bread sticks Milk / Water	Selection Fresh Fruit with Rice cakes or Bread sticks Milk / Water	Selection Fresh Fruit with Rice cakes or Bread sticks Milk / Water	Selection Fresh Fruit with Rice cakes or Bread sticks Milk / Water
Lunch	Fishcakes with potatoes and beans	Homemade lasagne with veg and garlic bread	Sausage dinner with mash, carrots and swede	Butter chicken curry with savoury rice	Meatballs in tomato sauce with pasta
Dessert	Strawberries & Ice Cream	Strawberry mousse	Fruit yoghurt	Ice cream with cone	Banana bread
Light Tea	Muffins with cream cheese, ham and cucumber Veg in a cream cheese sauce	Assorted sandwiches with corn snacks Tomato veg bake	Creamy tomato pasta bake Veg dinner	Beans with toast Beef chilli with veg	Ploughman's crackers, cheese, ham, tomato & cucumber
*Babies Dessert	Fruit salad	Raspberry and blackcurrant cake	Rice pudding	Fruit Jelly with cream	Fromage frais