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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast &**  **Morning Snack**  **Free Flow**  **7.30am to 9.30am** | Cereals: Weetabix, Cornflakes, Shredded Wheat, Multigrain Hoops and po oats with Milk or Oat Milk  A selection of fresh seasonal fruit  Milk, oat milk or Water | | | | |
| **Dinner Time**  **11.45am** | Spaghetti and meatballs served in a tomato sauce with broccoli and cauliflower  Homemade apple crumble served with custard | Roast chicken dinner served with mixed vegetables, cabbage and mashed swede  Ice Cream with sauce and sprinkles | Cowboy pie served with tinned tomatos  Homemade treacle sponge and custard | Vegetable bolognese served with pasta  Homemade oat cookies | Chili Con Carne served with rice and sweetcorn  Jelly |
| **Afternoon Snack**  **2.30pm** | Whole meal toast, Rice Cakes, Bread sticks and Crumpets  A selection of fresh seasonal fruit  Milk, oat milk or Water | | | | |
| **Tea**  **4.30pm** | Cheese and ham sandwiches served with vegetable sticks  Digestive Biscuit | Ravioli served with bread  Fresh Fruit | Tomato soup served with bread  Fairy Cakes | Egg and chicken sandwiches served with vegetable sticks  Ice cream | Potatoe waffles served with baked beans  Yoghurt |