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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast &**  **Morning Snack**  **7.30am to 9.30am**  **Free Flow** | Cereals: Weetabix, Cornflakes, Shredded Wheat, Multigrain Hoops with Milk or Oat Milk    A selection of fresh seasonal fruit  Milk, oat milk or Water | | | | |
| **Dinner Time**  **11.45am** | Pasta Fagioli  Homemade sponge cake served with chocolate custard | Roast chicken dinner served with mashed potatoes and mixed vegetables  Bananas & Custard | Creamy chicken risotto served with peas  Homemade beetroot brownie | Vegetable curry and rice served with naan bread  Apple pie served with custard | Chilli con carne served with homemade wedges  Fruit muffins |
| **Afternoon Snack**  **2.30pm** | Wholemeal toast, Rice Cakes, Bread sticks and Crumpets  A selection of fresh seasonal fruit  Milk, oat milk or Water | | | | |
| **Tea**  **4.30pm** | Cheese spread and chicken  Sandwiches served  with vegetable sticks  Yoghurts | Ravioli served with bread  Vanilla Roll | Cream crackers served with ham and vegetable sticks  Selection of fruit | Potato waffles served with beans  Chocolate crispy cakes | Beef spread and ham  Sandwiches served  with vegetable sticks  Ice Cream with sauce and sprinkles |