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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast &**  **Morning Snack**  **Free Flow**  **7.30am to 9.30am** | Cereals: Weetabix, Cornflakes, Shredded Wheat, Multigrain Hoops, and porridge oats  with Milk or Oat Milk  A selection of fresh seasonal fruit  Milk, oat milk or Water | | | | |
| **Dinner Time**  **11.45am** | Chicken and sweet potato curry served with rice, green beans & naan bread  Chocolate Cake and Custard | Spaghetti Bolognese served with garlic bread  Rice Pudding | Squash & mixed bean stew served with crusty bread  Fruit salad & natural yogurt | Fish fingers served with mashed potato, mushy peas and parsley sauce  Homemade banana bread | Cottage pie served with cabbage, carrots and gravy  Apple pie served with custard |
| **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** | Vegetable soup served with bread  Fresh Fruit | Potted meat and egg sandwiches served with pepper sticks  Rice Crispy Cakes | Spaghetti on Toast  Swiss Roll | Cheesy pasta bake  Fresh Fruit | Tuna and cheese spread sandwiches served with vegetable sticks  Ice Cream |