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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 MilkA selection of fresh seasonal fruitMilk, oat milk or Water |
| **Dinner Time****11.45am**  | Chicken and sweet potato curry served with rice, green beans & naan breadChocolate Cake and Custard | Spaghetti Bolognese served with garlic breadRice Pudding | Squash & mixed bean stew served with crusty breadFruit salad & natural yogurt | Fish fingers served with mashed potato, mushy peas and parsley sauceHomemade banana bread | Cottage pie served with cabbage, carrots and gravyApple pie served with custard |
| **Afternoon Snack****2.30pm**  | Whole meal toast, Rice Cakes, Bread sticks and CrumpetsA selection of fresh seasonal fruitMilk, oat milk or Water |
| **Tea****4.30pm** | Vegetable soup served with breadFresh Fruit | Potted meat and egg sandwiches served with pepper sticksRice Crispy Cakes | Spaghetti on ToastSwiss Roll | Cheesy pasta bakeFresh Fruit | Tuna and cheese spread sandwiches served with vegetable sticksIce Cream |