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| **Week 4** | **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** | Beany fish pie served with spaghetti hoops  Homemade apple & pear flapjack | Cauliflower and broccoli macaroni cheese  Beetroot chocolate brownie | One pot chicken stew served with Yorkshire puddings  Pineapple upside down cake served with custard | Vegetable curry served with rice and naan bread  Homemade fruit muffins | Roast chicken dinner served with mashed potato, peas, carrots and yorkshire pudding  Fresh fruit Salad |
| **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** | Scrambled egg and tomatos on toast  Selection of fruit | Cream crackers with chicken and cheese served with vegetable sticks  Yoghurt | Ravioli served with bread  Selection of fruit | Tomato pasta bake  Cookies | Cheese & tomato pizza served with vegetable sticks  Chocolate Roll |