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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 MilkA selection of fresh seasonal fruitMilk, oat milk or Water |
| **Dinner Time****11.45am**  | Beany fish pie served with spaghetti hoopsHomemade apple & pear flapjack | Cauliflower and broccoli macaroni cheeseBeetroot chocolate brownie | One pot chicken stew served with Yorkshire puddingsPineapple 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 puddingFresh fruit Salad |
| **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** | Scrambled egg and tomatos on toastSelection of fruit | Cream crackers with chicken and cheese served with vegetable sticksYoghurt | Ravioli served with breadSelection of fruit | Tomato pasta bakeCookies | Cheese & tomato pizza served with vegetable sticksChocolate Roll |