



Sample MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	RICE CAKES WITH STRAWBERRIES	CRISP BREAD WITH TOMATOES	TOASTED BAGELS WITH OLIVE SPREAD & BLUEBERRIES	OAT CAKES WITH CUCUMBER STICKS	TOAST WITH OLIVE SPREAD AND PEPPER SLICES
LUNCH	KIDNEY BEAN AND SAUSAGE / VEGGIE SAUSAGE CASSEROLE SERVED WITH A WARM BREAD ROLL	MINCE BEEF / MUSHROOM RAGU SERVED WITH PASTA AND GARLIC BREAD	SWEET POTATO & CAULIFLOWER CURRY SERVED WITH RICE AND NAAN BREAD	ROAST CHICKEN/LENTIL & SWEET POTATO VEG LOAF V SERVED WITH ROAST POTATOES, CARROT, BROCCOLI AND GRAVY	SWEET & SOUR CHICKEN/VEGGIES SERVED WITH RICE NOODLES
PUDDING	PINEAPPLE	YOGHURT	MELON	YOGHURT	FRESH FRUIT SALAD
TEA	BEANS ON TOAST	CHEESE AND TOMATO QUESADILLA SERVED WITH PEPPER BATONS	SANDWICHES WITH A SELECTION OF FILLINGS (HAM, EGG, CHEESE, TUNA)	HOMEMADE VEGETABLE SOUP SERVED WITH A WARM BREAD ROLL	CHEESE & TOMATO/TUNA AND CHEESE MELT MUFFINS SERVED WITH CUCUMBER STICK
PM SNACK	FOR PM SNACK THE CHILDREN WILL BE OFFERED A PIECE OF FRUIT AND A DRINK OF MILK / OAT MILK/ SOYA MILK / WATER ETC.				

BREAKFAST: IS A CHOICE OF CEREALS AND FRUIT.

DRINKS: MILK/SOYA MILK AND WATER ARE OFFERED AT ALL MEALTIMES.

FRESH DRINKING WATER IS AVAILABLE ALL DAY

PLEASE NOTE: THE MENUS ARE FLEXIBLE, IF THERE IS SOMETHING YOUR CHILD CANNOT HAVE THEN THIS WILL BE ACCOMODATED. SOME MENUS MAY CHANGE IF SPECIFIC FOOD ARE UNAVAILABLE ON OUR SHOPPING ORDER/DELIVERY.