

## SAMPLE MENU

MENU-2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (8.00 – 9.00 am)	<ul style="list-style-type: none"> <li>❖ Selection of cereals, porridge or Weetabix served with milk *</li> <li>❖ Wholemeal or plain toast (with butter or Jam) *</li> </ul>				
<b>Snack</b> (10am)	<ul style="list-style-type: none"> <li>❖ Selection of cut vegetables/fruits (e.g. pear, apple, raisins, mango, melon, orange, carrot sticks, cucumber sticks, cherry tomatoes)</li> <li>❖ Rice cake, cracker, or breadstick*</li> <li>❖ Milk or water *</li> </ul>				
<b>Lunch</b> (11.30am-12.30pm)	Tomato Pasta Bake with grilled vegetables*	Sausage, Mash and Vegetables with Gravy	Chicken Noodles and Vegetables*	Spaghetti Bolognese and Vegetables*	Fish cake, Potato Wedges and Vegetables*
Vegetarian and/or Dairy Free option	Tomato Pasta Bake with grilled vegetables*	Meat free sausages, Mash and Vegetables with Gravy	Meat free pieces Noodles with Vegetables*	Vegetable Bolognese with spaghetti*	Fish cake, Potato Wedges and Vegetables*
Dessert	Bananas and Plain Yoghurt*	Homemade Jam Tart*	Fruit Salad	Homemade vanilla cake*	Yoghurt*
<b>Tea</b> (3.30-4.00pm)	Tuna and Sweetcorn Sandwiches* Carrot sticks	Crumpets and cream Cheese* Cucumber sticks	Homemade pizza fingers* Sweet pepper sticks	Cheese and Tomato flat-bread* Sweet pepper sticks	Mixed Vegetable cous-cous Garlic bread*
Vegetarian and/or Dairy Free option	Tuna and Sweetcorn Sandwiches * Carrot sticks	Crumpets and dairy free butter* Cucumber sticks	Homemade pizza fingers* Sweet pepper sticks	Herb and Garlic flat-bread* Sweet pepper sticks	Mixed Vegetable cous-cous Garlic bread*
Snack	Pears	Orange	Apples	Melon	Bananas

\*Foods with allergens – wheat (gluten), milk, celery, egg, fish, lupin, crustaceans, molluscs, mustard, nuts, peanuts, sesame seed, sulphur dioxide, soya.