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Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Lunch	Mini Mezza Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)  	Beans on wholemeal toast served with cheese  	Jazzy Jackets (Ham, cheese, Tomato) 	Tuna and sweetcorn muffin melts   	Spinach and Cheese Pastry Puffs  
	Apple, Banana & Beetroot Cake 	Vegetable batons & Tzatziki 	Vegetable sticks & Hummus 	Rice Cakes & Hummus 	Vegetable sticks & Herby dip 
		Fresh fruit & Yogurt 	Seasonal fresh fruit	Vegetable sticks	Fresh fruit & Yogurt 

All dietary requirements will be catered for and allergen symbols are detailed. Further information available by speaking directly to nursery leadership team.






















Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Lunch	Ham & Cheese Pitta Pockets  	Sandwich Selection (egg mayo, cheese & cucumber)   	Pizza Muffins (Ham, tomato, sweetcorn)  	Mini Vegetable and Cheese Scones  	Ploughman's Picnic (crackers, cheese sticks, apple slices, ham & Hummus)   
	Bread Sticks & Hummus  	Vegetable sticks with herby dip 	Apple & Cheese Sticks 	Vegetable sticks 	Vegetable batons & Tzatziki 
	Vegetable sticks	Cheese Sticks 	Vegetable sticks	Cheese Sticks	Yogurt & Fresh fruit 
	Fresh fruit	Banana Bread 	Yogurt & Fresh fruit 	Fresh fruit	Yogurt & Fresh fruit 

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar - A Selection of cereals - Weetabix, Rice crispies, malted wheats, corn flakes - Carbohydrate - fruit & vegetable Milk & Water					
Morning Snack Bar - Each snack time will alternate between different fresh fruit & vegetables or a carbohydrate option with spread or dips.					
Lunch	<p>Cheese & Tomato puff pinwheels</p> <p> </p> <p>Vegetable sticks & Hummus</p> <p></p> <p>Fresh fruit</p>	<p>Wrap Selection (Cheese, ham, egg)</p> <p>  </p> <p>Apple & Cheese Sticks</p> <p></p> <p>Vegetable sticks</p> <p>Banana, carrot & sultana muffins</p> <p></p>	<p>Mini Mezze Platter (Falafel, Vegetable batons, pitta dippers, grated cheese, dips)</p> <p> </p> <p>Fresh fruit & Yogurt</p> <p></p>	<p>Jazzy Jackets Tuna, cheese and Cucumber</p> <p> </p> <p>Vegetable sticks</p> <p>Fresh fruit</p>	<p>Beans on Toast Served with cheese</p> <p> </p> <p>Vegetable batons & sour cream chive</p> <p></p> <p>Fresh fruit & Yogurt</p> <p></p>

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