




W1	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
<b>Monday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Macaroni cheese with a side of vegetables and flatbread  Banana	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Tomato soup with buttered bread  Yoghurt
<b>Tuesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Crumbed fish fillet with sauteed potatoes, carrots and peas  Fruit jelly	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Picnic Tea Party  with a selection of fruit sticks
<b>Wednesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Curried chicken risotto  Melon sticks	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Savoury twists (Chef's flavour of the week)  Apple slices
<b>Thursday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Cottage pie with seasonal vegetables  Natural yoghurt and fresh fruit	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Sweet and sour pork with noodles  Homemade oatmeal cookie
<b>Friday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Mexican chicken and vegetable rice  Diced pear	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Baguette pizzas with vegetable crudites  Oranges

W2 	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
<b>Monday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Creamy chicken with pastry shapes and vegetable medley  Orange slices	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Tomato and mascarpone pasta bake  Pineapple sticks
<b>Tuesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Vegan chilli with white rice  Melon sticks	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Minestrone soup with buttered ciabatta  Natural yoghurt with fruit coulis
<b>Wednesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Roast gammon dinner with Yorkshire puddings and seasonal vegetables  Homemade apple crumble	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Bean bruschetta  Banana
<b>Thursday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Lasagna with garlic sticks and fresh vegetables  Fruit jelly	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Ham and cheese toasties with vegetable sticks  Melon sticks
<b>Friday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Irish stew with seasonal vegetables  Peaches	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Cheese and sweetcorn pasta bake  Orange segments

W3 	Breakfast	Morning snack	Lunch	Afternoon snack	Tea
<b>Monday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Heroes Brunch <i>(Sausage, hash brown, baked beans, mini tomato)</i> Melon slices	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Tomato and herb chicken with sweet potato and broccoli Orange slices
<b>Tuesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Homemade fish pie with a vegetable medley Fruit sticks	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Pinwheels (Chef's flavour of the week) Strawberry jelly
<b>Wednesday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Spaghetti and Meatballs with garlic bread and fresh vegetables Banana	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Homemade sausage rolls with baked beans Homemade oatmeal cookie
<b>Thursday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Chicken Tikka Masala with pilau rice and naan bread Yoghurt	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Cheese and leek pie with seasonal vegetables Apple slices
<b>Friday</b>	A range of cereals, toast with butter/honey/jam and a variety of fruit	Tiny Tasters A selection of fresh fruit and dried snacks	Creamy vegetable orzo Fruit salad	Afternoon snack bar – a daily selection of vegetables, dips, pitta bread, crackers, breadsticks and raisins	Cheese Ploughman's Pineapple sticks