

# Jacqueline's Gems

## Menu One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with a choice of butter, jam, marmite or honey. A selection of cereals and fresh fruit.				
<b>Milk, water, juice, and fresh fruit are available throughout each session.</b>					
Light snack	Choice of sliced ham or strawberry jam sandwiches served with cherry tomatoes and cucumber slices.	Chicken korma and a rice bowl.	Toasted, buttered crumpets with carrot and cucumber sticks	New potatoes with baked cheesy beans	Tomato and herby sauce served with penne pasta
Vegetarian product	Strawberry Jam Sandwiches	Quorn Pieces			
Dairy Free product	(Vitalife Dairy Free Spread)	(Free from Korma Sauce)	(Toast or Free From Crumpets & Vitalife Dairy Free Spread)	(Violife Cheese)	
All food is subject to change and is tailored to each child's specific dietary requirements.					

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## Menu Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with a choice of butter, jam, marmite or honey. A selection of cereals and fresh fruit.				
<b>Milk, water, juice, and fresh fruit is available throughout each session.</b>					
Light snack	BBQ chicken and salad in a wholemeal wrap	Cheese and Ham toastie served with grated carrot salad.	Chicken or vegetable noodles served with sweetcorn	Spaghetti bolognese with hidden vegetables Peppers, onion, Carrots & Garlic.	New potato with sausage rolls and baked beans
Vegetarian product	Quorn Pieces	Cheese	Vegetable Noodles	Vegetable Bolognese	Cheese and Onion roll
Dairy Free product		(Violife Cheese or just ham)			(New potato and beans)
All food is subject to change and is tailored to each child's specific dietary requirements.					

## Menu Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with a choice of butter, jam, marmite or honey. A selection of cereals and fresh fruit.				
<b>Milk, water, juice, and fresh fruit is available throughout each session.</b>					
Light snack	Mini sausage and tomato pasta	Wholemeal pitta bread with wafer ham or grated cheddar served with tomato and cucumber slices	Sweet and sour chicken with a rice bowl.	Spaghetti hoops on wholemeal toast with sliced apple and sultanas	Margarita pizza served with a rainbow salad
Vegetarian product	Mini quorn sausage	Grated cheddar	Quorn Pieces		
Dairy Free product		Free From pitta bread or wholemeal bread (Vitalife Dairy Free Spread)		(Vitalife Dairy Free Spread)	Vegan roasted veg & houmous pizza
All food is subject to change and is tailored to each child's specific dietary requirements.					