



# Jacqueline's Gems

## Week Three Menu

Key: Vegetarian Lactose Vegan	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wholemeal Toast, Cereal selection, Fresh Fruit. <b>ALL MEALS AND SNACKS ARE ACCOMPANIED BY EITHER MILK OR WATER</b>				
<b>Am Snack</b>	Rice Cake	Melon & Pear	Grapes & Orange	Cheese & Breadsticks	Savoury bites & Sultans
<b>Lunch</b>	Ham / Cheese Sandwiches Cheese Bites Cucumber & Tomato	Chicken Noodles or Vegetable Rice	Cheese Or Chicken Wraps Cucumber & lettuce Soft Crisps	Tomato Pasta, Cheese & Garlic Bread	Vegetable Fingers, Potato Chips & Beans
<b>Dessert</b>	Flap Jack (Banana)	Shortbread Biscuit	Fairy Cake (Pear)	Yogurt (Orange)	Jelly (Biscoff)
<b>Pm Snack</b>	Banana & Crackers	Oat Cake	Sultana & Cheese Twist	Orange & Pineapple	Digestive Biscuit Or Biscoff Biscuit
<b>Dinner</b>	Meatballs & Pasta Or Vegetable Pasta	Sweet & Sour Chicken & Rice (Quorn Mince)	Cod or Vegan Pieces, Potato Wedges & Mixed vegetables	Pie, New , Potatoes Peas & Gravy	Breaded Chicken or Quorn Chicken, Rice & Peas
<b>Dessert</b>	Swiss Roll & Custard Or Fresh Fruit	Chocolate Mousse Or Fresh Fruit	Ice Cream Or Fresh Fruit	Angel Delight Or Fresh Fruit	Artic Roll Or Fresh Fruit
<b>All food is subject to change in regards to specific dietary requirements</b>					

Jacqueline's Gems Childcare Services is a trade name of **JACQUELINE'S GEMS CHILDCARE SERVICES LTD** incorporated on 07/02/2014 Registration number 888 2786

Owner: [Jackie@Jacqgemschildcare.com](mailto:Jackie@Jacqgemschildcare.com) Managing Director: [danny@Jacqgemschildcare.com](mailto:danny@Jacqgemschildcare.com) Office: [Admin@Jacqgemschildcare.com](mailto:Admin@Jacqgemschildcare.com)

[www.jacqgemschildcare.com](http://www.jacqgemschildcare.com) [www.jacqgemschildcare.co.uk](http://www.jacqgemschildcare.co.uk)

Tel: 01322 351594

11 Stelling Road, Erith, Kent, DA8 3JH

Mob: 07763881904

