

All our menu options are made to a child's needs, eating stage and with allergies/ food intolerances in mind. The rolling menu will change every term or half term.

Menu week 1				
	Breakfast	Dinner	Tea	snacks
Monday	fruit puffed rice cereal or porridge.	Sweet potato curry with rice. Rhubarb crumble Fruit/ yoghurt	Afternoon tea party	Cucumber Cheese Pears banana
Tuesday	fruit boiled eggs	Salmon and Broccoli pasta. Veg- cheese + broccoli pasta Jelly Fruit/ yoghurt	Cheese on toasts	Avocado Carrots Yoghurt apple
Wednesday	fruit Scrambled eggs	Cottage pie with green beans. Fruit and ice cream yoghurt	Egg frittatas	Breadsticks Hummus Orange peppers
Thursday	fruit Yoghurt with blueberries.	Chicken casserole with mash. Fruit/ yoghurt Sponge cake	Sandwiches	Banana Sugar snaps Toast Veg sticks
Friday	Fruit Breakfast muffins	Lamb kebabs Fruit/ yoghurt Frozen yoghurt lolly's	Beans/hoops on toast	Frozen yoghurt Berries Rice cakes Veg sticks

Menu week 2				
	Breakfast	Dinner	Tea	snacks
Monday	fruit puffed rice cereal or porridge.	Sausage casserole Shortbread Fruit/ yoghurt	Wraps	Berries Crackers and cheese Fruit of choice
Tuesday	fruit boiled eggs	Homemade soup with bread. Fruit/ yoghurt Chocolate moose	Afternoon tea party	Fruit of choice Veg sticks breadsticks
Wednesday	fruit Scrambled eggs	Tuna pasta bake Fruit/ yoghurt Eves pudding	Homemade soup	Fruit of choice Toast Honey bananas (over 1 year)
Thursday	fruit Yoghurt with blueberries.	Veg/ meat chilli with rice Fruit/ yoghurt Banana smoothie	Sausage rolls	Fruit of choice Granola Peppers cucumber
Friday	Fruit Breakfast muffins	Jacket potato with various fillings. Trifle Fruit/ yoghurt	Pasta salad	Fruit of choice Yoghurt Avocado Rice cakes

Menu week 3				
	Breakfast	Dinner	Tea	snacks
Monday	fruit puffed rice cereal or porridge.	Vegetable risotto Fruit/ yoghurt Meringues	Dippy eggs	Fruit of choice Cucumber Cheese
Tuesday	fruit boiled eggs	Chicken curry/ chickpea & potato curry Fruit/ yoghurt Sticky pudding cake	Hotdogs	Fruit of choice Grapes Kiwi Carrots pittas
Wednesday	fruit Scrambled eggs	Sausage and mash Fruit/ yoghurt Banana split	Cheese crackers and fruit	Fruit of choice Crackers Yoghurt Cheese
Thursday	fruit Yoghurt with blueberries.	Chicken goujons and potato wedges. Fruit/ yoghurt Fruit scones	Afternoon tea party.	Tomato Fruit of choice Celery Mango
Friday	Fruit Breakfast muffins	Pasta bolognaise Fruit/ yoghurt flapjacks	Bagels with filling.	Pineapple Fruit of choice Breadsticks

Menu week 4				
	Breakfast	Dinner	Tea	snacks
Monday	fruit puffed rice cereal or porridge.	Potato topped Chicken and leek pie with veg. Rocky road Fruit/ yoghurt	Scrambled egg on toast.	Cucumber Cheese Pears Banana Fruit of choice
Tuesday	fruit boiled eggs	Coconut dahl with nan bread Fruit/ yoghurt Rice pudding	Pasta bake	Avocado Carrots Yoghurt Apple Fruit of choice
Wednesday	fruit Scrambled eggs	Roast ham, egg and chips Carrot cake Fruit/ yoghurt	Afternoon tea party.	Fruit of choice Smoothie Veg sticks crackers
Thursday	fruit Yoghurt with blueberries.	Lamb hotpot Fruit/ yoghurt cheesecake	Bacon/ sausage buns.	Fruit of choice Toast Frozen fruit lolly.
Friday	Fruit Breakfast muffins	Homemade pizza Iced finger buns Fruit/ yoghurt	Veg sticks, pitta, houmous (picky tea)	Fruit of choice Muffins

