

Our Weekly Menu

Ages 9 months-5 years

Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Pasta Bolognese with garlic bread and cauliflower  **Fruit salad with double cream** | Seasonal Fruit | Houmous and Guacamole dips with carrot, celery, cucumber sticks and bread sticks |
| Tuesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Quorn curry with white rice and sweet corn  **Bananas and custard** | Seasonal Fruit | Hot buttered crumpets |
| Wednesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Boiled potato and egg salad with sweet corn and sliced chicken breast  **Rice pudding with raisins** | Seasonal Fruit | Selection of sandwiches |
| Thursday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Turkey ham and pineapple pizza with Italian pasta  **Apple crumble with ice cream** | Seasonal Fruit | Cheddar cheese chunks, cherry tomatoes, cucumber slices and French bread |
| Friday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Ocean pie or corn beef hash with peas and carrots  **Greek yoghurt and maple syrup** | Seasonal Fruit | Scrambled eggs toast |



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Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Spanish omelette with Broccoli  **Apricot crumble and custard** | Seasonal Fruit | Tuna and sweet corn or chicken and sweet corn soft rolls |
| Tuesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Chicken curry, brown rice and cucumber raita  **Jelly with fruit pieces** | Seasonal Fruit | Savoury muffins with grated cheese |
| Wednesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Vegetable pasta bake with dough balls and garlicky vegetables  **Raspberry yoghurt** | Seasonal Fruit | Homemade chicken pastry parcels |
| Thursday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Homemade burgers, mashed potatoes with roast parsnips  **Semolina pudding** | Seasonal Fruit | Homemade tomato soup |
| Friday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Oven baked white fish in a tomato sauce, boiled potatoes and green beans  **Fruit salad with double cream** | Seasonal Fruit | Cold meat platter with cucumber, sweet pickle and seeded bread |



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Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Macaroni cheese with garden peas  **Natural yoghurt with apple and cinnamon puree** | Seasonal Fruit | Sweet corn fritters with mango salsa |
| Tuesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Homemade crispy chicken bites with chunky potato wedges and spicy tomato salsa.  **Fruit salad** | Seasonal Fruit | Vegetable frittata  Or  Egg free frittata |
| Wednesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Vegetable pizza with garlic bread and corn on the cob  **Rice pudding with raisins** | Seasonal Fruit | Penne pasta in a homemade tomato sauce |
| Thursday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Homemade meatballs in a tomato sauce with spaghetti and carrots  **Summer berries and ice cream** | Seasonal Fruit | Jacket potatoes with grated cheese |
| Friday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Fish curry, with boiled rice and cauliflower  **Pineapple upside down cake with custard** | Seasonal Fruit | A selection of sandwiches |



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Week 4

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| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Chilli con carne with brown rice and garden peas  **Strawberry yoghurt** | Seasonal Fruit | Cream crackers with soft cheese |
| Tuesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Salmon fish cakes with sweet potato mash and carrots  **Apple crumble with custard** | Seasonal Fruit | Ciabatta bread with mozzarella and avocado |
| Wednesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Moroccan lamb with cous cous and salad  **Jelly with ice cream** | Seasonal Fruit | Mediterranean vegetable parcels |
| Thursday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Lasagne with Broccoli and garlic bread  **Mandarin segments with double cream** | Seasonal Fruit | Buttered scones with raisins |
| Friday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Tuna pasta with mixed peppers, lettuce tomatoes, cucumber  **Semolina pudding** | Seasonal Fruit | Mushroom omelette |



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Week 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Chinese quorn and vegetable sir fry with egg noodles  **Rice pudding with raisins** | Seasonal Fruit | Sardines and sweet corn in pita bread |
| Tuesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Shepherd’s pie with mixed vegetables  **Greek yoghurt and honey** | Seasonal Fruit | Muffin based vegetarian pizzas |
| Wednesday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Creamy salmon pasta bake with broccoli  **Sponge cake and custard** | Seasonal Fruit | Chinese style savoury rice  (vegetarian) |
| Thursday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Chicken pie with cauliflower and new potatoes  **Lemon sorbet** | Seasonal Fruit | Homemade white fish nuggets with a chunky tomato sauce and bread and butter |
| Friday | A selection of cereals, toast, natural yoghurt and seasonal berries | Seasonal Fruit | Homemade breaded white fish with sautéed potatoes and green beans  **Fruit salad with double cream** | Seasonal Fruit | Selection of sandwiches |