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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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Our Weekly Menu

Ages 9 months-5 years

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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Our Weekly Menu

Ages 9 months-5 years

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 frittataOrEgg 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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Our Weekly Menu

Ages 9 months-5 years

Week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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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Our Weekly Menu

Ages 9 months-5 years

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  |