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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Selection of cereals and wholemeal toast  Crumpets | Selection of cereals and wholemeal toast  Croissants | Selection of  cereals and wholemeal toast Natural yogurt and fresh fruit | Selection of  cereals and wholemeal toast  Brioche | Selection of  cereals and wholemeal toast Scrambled egg |
| **Mid-Morning**  **Snack** | Pancakes  &  Apple | Water crackers, cream cheese  &  Grapes | Apples  &  Cheddar cheese | Rice cakes  &  Satsuma | Oatcake  &  Melon |
| **Lunch** | Chicken curry with rice, peas and naan bread  Summer fruit crumble | Beef goulash with mash potatoes and green beans  Pineapple upside down cake | Chicken and bacon lasagna with cauliflower and broccoli  Peaches & cream | Fish pie with sweetcorn  Watermelon | Spaghetti Bolognese with mixed vegetables  Banana and custard |
| **Vegetarian**  **Lunch** | Vegetable or Quorn curry  As above | Vegetable goulash  As above | Quorn lasagna  As above | As above | Quorn bolognese  As above |
| **Mid Afternoon**  **Snack** | Bread sticks  &  Melon | Cheese thins  &  Satsuma | Teacakes  &  Pear | Banana  &  Malt loaf | Fruit bread  &  Blueberries |
| **Tea** | DIY wraps with cheese, ham, and tuna filling  Carrot sticks  Apricots and ice cream | Homemade quiche with cherry tomatoes  Fruit cocktail | Homemade rosemary and cheese scones with cucumber  Fruit yoghurt | Spaghetti hoops on toast with grated cheese and carrot sticks  Natural yoghurt and fruit | Muffin pizzas, cucumber & pepper sticks  Rice pudding and fruit |
| **Vegetarian**  **Tea** | As above | Cheese quiche  As above | As above | As above | As above |
| **Drinks** | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |

**Allergies –** All allergies & dietary requirements are catered for. Dairy, wheat & gluten alternatives are incorporated within this menu.

Meat – All meat is sourced locally from Burtons Butchers.

Tiny ones / weaning – We can puree our meals for the youngest & also adapt for the young ones by making vegetable purees etc.