|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  **Monday** |  **Tuesday** |  **Wednesday** |  **Thursday** |  **Friday** |
| **Breakfast** | Selection of cereals and wholemeal toast Crumpets  | Selection of cereals and wholemeal toast Croissants | Selection ofcereals and wholemeal toast Natural yogurt and fresh fruit | Selection ofcereals and wholemeal toast Brioche | Selection ofcereals 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 breadSummer fruit crumble | Beef goulash with mash potatoes and green beansPineapple upside down cake | Chicken and bacon lasagna with cauliflower and broccoliPeaches & cream | Fish pie with sweetcornWatermelon | Spaghetti Bolognese with mixed vegetablesBanana and custard |
| **Vegetarian** **Lunch** | Vegetable or Quorn curryAs above | Vegetable goulashAs above | Quorn lasagnaAs above | As above | Quorn bologneseAs 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 fillingCarrot sticksApricots and ice cream | Homemade quiche with cherry tomatoesFruit cocktail | Homemade rosemary and cheese scones with cucumberFruit yoghurt | Spaghetti hoops on toast with grated cheese and carrot sticksNatural yoghurt and fruit | Muffin pizzas, cucumber & pepper sticksRice pudding and fruit |
| **Vegetarian** **Tea** | As above  | Cheese quicheAs 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.