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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Selection of cereals and wholemeal toast Pancakes | Selection of cereals and wholemeal toast  Bagels | Selection of cereals and wholemeal toast  Scrambled eggs | Selection of cereals and wholemeal Croissant | Selection of cereals and wholemeal toast  Natural yoghurt and fresh fruit |
| **Mid Morning**  **Snack** | Rice cakes  &  Satsumas | Potato cake  &  Kiwi | Breadsticks  &  Grapes | Pancakes  &  Blueberries | Green apple  &  Cheddar |
| **Lunch** | Pork sausages, mashed potatoes and mixed vegetables  Fruit cocktail | Turkey meatballs in tomato sauce,  Pasta and broccoli  Fruit yoghurt | Sweet and sour chicken, rice and peas  Fruity flapjack | Tuna pasta bake, garlic bread and green beans  Fruit jelly | Cottage pie and baked beans  Butterscotch mousse |
| **Vegetarian**  **Lunch** | Vegetarian sausages  As above | Vegetarian meatballs  As above | Sweet and Sour Quorn  As above | As above | Quorn Pie  As above |
| **Mid Afternoon**  **Snack** | Malt loaf  &  Pear | Crumpets  &  Apples | Tea cakes  &  Bananas | Oatcakes  &  Satsuma | Water biscuits  &  Cucumber |
| **Tea** | Savoury rice with carrot sticks  Banana loaf | Cold meat, couscous and cucumber  Pineapple slices and homemade shortbread | Fish fingers and crusty bread, tomatoes and cucumber  Mixed berries | Toasted bagels with cream cheese, cucumber and pepper  Fresh fruit | Hot dog in a roll with tomatoes  Fruit and fromage frais |
| **Vegetarian**  **Tea** | Vegetarian rice  As above | Quorn meat  As above | As above | As above | Vegetarian sausage  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.