|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   |  **Monday** |  **Tuesday** |  **Wednesday** |  **Thursday** |  **Friday** |
| **Breakfast** | Selection of cereals and wholemeal toast Pancakes | Selection of cereals and wholemeal toastBagels | Selection ofCereals and wholemeal toast Scrambled egg | Selection ofcereals and wholemeal toast Natural yogurt& fresh fruit | Selection ofCereals and wholemeal toast Croissants |
| **Mid Morning****Snack** | Crumpets&Apple | Rice cakes&Blackberries | Savoury cracker&Cucumber | Potato cake&Blueberries | Toast fingers&Grapes |
| **Lunch** | Teriyaki chicken with rice and broccoliSummer Fruit Crumble | Beef stroganoff with spaghetti and mixed vegetablesFruit cocktail | Roast pork loin with roast potatoes, Yorkshire puddings and peasPeaches and cream | Tuna pasta bake with carrotsFruit jelly | Sweet and sour chicken with noodles and sweetcornStrawberry mousse |
| **Vegetarian****Lunch** | Teriyaki QuornAs above | Vegetarian sausagesAs above | Roast vegetablesAs above | As above | Sweet and sour QuornAs above |
| **Mid Afternoon****Snack** | Bread sticks&Banana | Melon &Oatcake | Scone&Kiwi | Fruit loaf&Satsuma | Cream crackers&Pineapple |
| **Tea** | Bacon and courgette pasta bake with tomatoesMelon boats | Fish fingers with crusty bread and carrot sticksFruit tart | Pizzas with salad sticksFruit yoghurt | Baked beans on toast, cheese and tomatoesNatural yoghurt, fresh fruit | Hot dogs in rolls with cucumber and pepper sticks Natural yoghurt, fresh fruit |
| **Vegetarian****Tea** | Vegetarian pasta | As above | As above | As above | Vegetarian sausageAs 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 will be

 incorporated within this menu.

**Meat** – All meat is sourced locally from Burtons Butchers.

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

There is always a choice of natural yoghurt and fresh fruit for dessert.