

Food Menu

	Breakfast	Snack	Lunch /Desert	Afternoon snack	Tea
Monday	cereals, Weetabix, Corn flakes or rice Krispies with whole milk, OR raisins with half toasted crumpet, spread & cup of water	Fruit & Veg/Milk & Water	Pasta + Veg pudding Greek yogurt+ fresh fruit or rice crispie Custard with raisins or Jelly or cake or ice cream	Seasonal Fruit & Veg Milk & Water	Tuna Sandwich in brown bread with cherry tomatoes Milk/water
Tuesday	cereals, Weetabix, Corn flakes or rice Krispies with whole milk, OR raisins with half toasted crumpet, spread & cup of water	Fruit & Veg/Milk & Water	Macaroni Tuna cheese with peas or corn Greek yogurt + black current jam or corn flakes Custard with raisins or Jelly or cake or ice cream	Fruit & Veg/ Milk & Water	Brown bread + mayonnaise+ boil egg+ cucumber Milk/water
Wednesday	cereals, Weetabix, Corn flakes or rice Krispies with whole milk, OR raisins with half toasted crumpet, spread & cup of water	Fruit & Veg/ Milk & Water	Mixed veg curry with White Rice Greek Yogurt + black current fruit or rice crispies Custard with raisins or Jelly or cake or ice cream	Fruit & Veg/ Milk & Water	Beans on grilled toast Cherry tomatoes Milk/water
Thursday	cereals, Weetabix, Corn flakes or rice Krispies with whole milk, OR raisins with half toasted crumpet, spread & cup of water	Fruit & Veg/ Milk & Water	shepherd's pie Layer of mash potatoes cheese+ veg or with mince Greek yogurt+ fresh fruit or rice crispie Custard with raisins or Jelly or cake or ice cream	Fruit & Veg/Milk & Water	Boil potatoes salad with veg salad Milk/water
Friday	cereals, Weetabix, Corn flakes or rice Krispies with whole milk, OR raisins with half toasted crumpet, spread & cup of water	Fruit & Veg/ Milk & Water	Beans boil potatoes/cheese/peas/carrots Greek yogurt + black current jam or corn flakes Custard with raisins or Jelly or cake or ice cream	Fruit & Veg/Milk & Water	Grilled cheese & tomato on brown toast Milk/water