

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.15 - 9.15	A selection of cereal and fresh fruit Milk, Wheat, Barley	Creamy porridge served with fresh berries Milk, Oats	Scrambled egg served on wholemeal toast Egg, Wheat	A selection of cereal and fresh fruit Milk, wheat, barley	Low salt and sugar baked beans on wholemeal toast Wheat
Lunch 11.30 - 12.30	Tender beef and mushroom stroganoff served with brown rice (Beef) Followed by fruit salad	Homemade fish pie served with minted peas Fish, Milk Followed by mixed berries	Sweet and Sour chicken and vegetables served with noodles Followed by homemade flapjack Oats	Creamy chicken and vegetable Korma curry served with brown rice and Naan bread Milk, Wheat Followed by homemade low sugar sponge cake and custard Egg, milk	Beef lasagna served with homemade garlic bread Milk, Egg, Wheat, (Beef) Followed by peaches and ice cream Milk
Tea 3.30 - 4.00	Low salt and sugar baked beans served on wholemeal toast Wheat Followed by homemade flapjack Oats	Homemade vegetable soup of the day served with homemade bread Celery Followed by yoghurt Milk	Tuna mayonnaise and cheese sandwiches served with crudités Wheat, Egg, Fish, Milk Followed by fresh fruit salad	Warm, buttered toasted teacakes Milk Soya Followed by seasonal chunky melon and berries	Cheese and crackers served with crudités Milk wheat Followed by fresh fruit salad Milk

Milk offered to children either mid morning or mid afternoon. Milk is also offered at meal times to give children a choice of what they would like to drink.

Fruit snacks are available throughout the day.