

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8.15 - 9.15</b>	A selection of cereal and fresh fruit  Milk, Wheat, Barley	Creamy porridge served with sliced banana and raisins.  Milk, oats, wheat, soya	Scrambled egg served on wholemeal toast  Egg, Wheat, Milk	Yoghurt served with fresh fruit  Milk	Hot buttered crumpets served with banana  Wheat
<b>Lunch 11.30 - 12.30</b>	Mild beef chilli con carne served with jacket potatoes and grated cheese  (Beef), Milk  Followed by homemade low sugar vanilla sponge cake  Egg	Hearty Chicken and vegetable casserole  Celery  Followed by yoghurt with raspberries and blueberries  Milk	Morrnan Lamb served with cous cous  Followed by low sugar homemade cake and custard  Milk, egg	Chicken and vegetable pasta bake  Celery, Milk, Wheat  Followed by fresh strawberries	Homemade Cowboy Pie using traditional low salt pork sausages  Followed by peaches
<b>Tea 3.30 - 4.00</b>	Homemade chicken goujons served with vegetable crudités and home-made dips  Egg, Wheat  Followed by fruit salad	Homemade mini falafel balls served with homemade humous, pitta bread and salad  Wheat  Followed by natural yoghurt with raisins  Milk	Toasted teacakes served with seasonal berries  Wheat, Soya, Egg  Followed by fresh fruit	Ham sandwiches served with side salad  Wheat  Followed by low sugar chocolate orange cake.  Milk, Egg	Chickpea and vegetable pasta salad  Wheat  Followed by homemade low sugar shortbread biscuit

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.