

Week 3	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 seasonal berries  Milk, oats	Hot, buttered toast served with a selection of fruit  Wheat	A selection of cereal and fresh fruit  Milk, Wheat, Barley	Hot buttered bagels served with a selection of seasonal fruit  Wheat, Soya
<b>Lunch 11.30 - 12.30</b>	Homemade lamb and mint burgers served with corn on the cob and sweet potato wedges  Egg  Followed by low sugar pineapple upside down cake  Egg, Wheat	Pork sausages served with creamy mashed potato and sweetcorn  Followed by Fruit salad	Traditional roast chicken dinner served with seasonal vegetables and gravy  Followed by seasonal berries	Homemade hearty chicken and vegetable casserole  Followed by homemade flapjack  Oats	Homemade chicken and mushroom pie, served with mashed potato, vegetables and gravy  Followed by peaches and ice cream  Milk
<b>Tea 3.30 - 4.00</b>	Homemade quiche Lorraine Milk, Egg  Followed by fresh fruit salad	Homemade soup of the day served with homemade bread  Wheat  Followed by homemade banana loaf  Egg	Ham sandwiches served with side salad  Wheat  Followed by homemade apple crumble and custard  Milk, Egg	Toasted teacakes with a selection of berries  Milk, Soya, Egg  Followed by fresh fruit	Cheese on toast served with crudités  Wheat, Milk  Followed by Yoghurt  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.