

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.15 - 9.15	A selection of cereal and fresh fruit Milk, Wheat, Barley	Creamy porridge served with sliced banana Milk, Oats	Hot, buttered wholemeal toast served with a selection of fruit Wheat	Porridge served with banana and raisins Milk	Scrambled egg on Toast followed by a selection of dried fruit. Egg, Wheat
Lunch 11.30 - 12.30	Traditional Toad in the Hole served with mashed potatoes, gravy and fresh carrots Milk, Eggs Followed by fruit salad	Creamy ham and mushroom carbonara Milk Followed by fresh fruit salad	Traditional cottage pie served with seasonal vegetables Followed by low sugar homemade sponge cake and custard Milk, egg	Homemade fish goujons served with chunky potato wedges and sweetcorn Fish Milk Followed by homemade oat cake Oats	Homemade spaghetti bolognese served with homemade garlic bread Wheat Followed by warm rice pudding Milk
Tea 3.30 - 4.00	Cheese and ham omelette served with crudités Milk, Egg Followed by mini fruit scones Egg	Homemade vegetable Soup served with homemade bread Followed by homemade low sugar chocolate brownie Egg, Milk	Tuna pasta salad served with sweetcorn, peppers and red onion Wheat, Fish Followed by fresh fruit salad	Baked potato served with tuna mayonnaise and cheese Milk, Fish Followed by fresh melon	Warm, buttered toasted teacakes Milk Soya, Egg 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.