

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.15 - 9.15	A selection of cereal and fresh fruit Milk, Wheat, Barley	Creamy porridge served with chopped dried apricots Milk, Oats	Yoghurt served with fresh berries Milk	THEMED MENU TODAY PLEASE SEE DISPLAY BOARD	A selection of cereal and fresh fruit Wheat, Milk, Barley
Lunch 11.30 - 12.30	Homemade turkey and vegetable casserole served with dumplings Wheat Followed by fruit salad	Traditional meatballs and pasta in a tomato based sauce Followed by yoghurt Milk	Salmon fillets in a mild cheese sauce served with broccoli and brown rice Milk Followed by chopped banana served with custard Milk, egg	THEMED MENU TODAY PLEASE SEE DISPLAY BOARD	Mild beef chilli con carne served over oven baked jacket potatoes (Beef) Followed by homemade low sugar vanilla cupcakes Egg
Tea 3.30 - 4.00	Homemade vegetable soup of the day served with homemade bread Followed by Yoghurt Milk	Broccoli and cheese quiche served with crudités Milk, egg Followed by apple flapjack Oats	Homemade ham and cheese pizza served with a side salad Milk, Wheat Followed by fresh fruit	THEMED MENU TODAY PLEASE SEE DISPLAY BOARD	Grilled crumpets with cheese served with a selection of salad and vegetable sticks Milk, Wheat Followed by fresh fruit salad

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.