





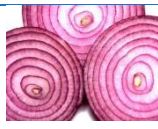





Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk
Morning Snack	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Main Meal	 Chicken & Vegetable Casserole	 Pork Sausages with mixed veg in Onion Gravy	 Chilli Con Carne with Carrot, Peppers & Mushrooms	 Tuna Pasta Bake	 Creamy vegetable risotto
Vegetarian	Sweet Potato & Lentil Casserole	Vegetable Sausages	Vegetarian Chilli Con Carne	Cheese & tomato pasta	Vegetarian Risotto
On the Side...	Brown Rice	Roast potatoes	Long Grain Rice	Broccoli & Cauliflower	Garlic Bread
Dessert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Tea	 Cheese or Ham Sandwiches	 Tomato & Herb Pasta with Onions & Mushrooms	 Chipolata Hot Dog's in a Roll	 Homemade Vegetable Pizza	 Tuna & Cheese Pitta Breads
	Fruit Crumble & Custard	Apricot Shortbread	Pineapple upside down cake	Lemon Fruit Tart	Chocolate Muffins
Afternoon Snack	selection of savory snacks				











Drinks are served with every meal.

Menu

Due to the sourcing of fresh produce, it may not always be possible to adhere to these Menus.

Designed and created under guidance from
NHS Health and Nutrition experts for under 5's.













Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk
Morning Snack	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Main Meal	 Beef Hot-Pot	 Tuna & Broccoli Pasta Bake	 Mexican Beef with mixed peppers	 Chicken, Mushroom and Carrot Pie	 Oven baked Fish Fingers
Vegetarian	Red Lentil Stew	Cheese & Broccoli Pasta Bake	Mexican quorn mince with mixed peppers	Vegetable Pie	Vegetable Fingers
On the Side...	Mashed Potatoes	Green Beans	Rice	New Potatoes	Homemade wedges & peas
Dessert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Tea	 Crumpets with cream cheese or marmite	 Jacket Potato & Baked Beans	 Cheese or Marmite sandwiches	 Cheese and Tomato Pasta Bake	 Ham & Tomato in a Soft Roll
	Apple & Sultana Sponge with Custard	Crispy Cakes with Apricots & Raisins	Lemon Sponge	Fruit & jam scones	Banana Sponge Cake
Afternoon Snack	selection of savory snacks				

Drinks are served with every meal.

Menu





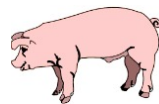





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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk
Morning Snack	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Main Meal	Italian chicken with Tomatoes, Mushrooms & herbs 	 Root Vegetable Curry	 Sausage & Butterbean Casserole	 Beef Lasagne	 Minted Lamb & Pea Stew
Vegetarian	Bean & Vegetable Tomato Hot Pot	Root Vegetable Curry	Quorn Sausage Casserole	Med Vegetable & Bean Lasagne	Minted Quorn in Gravy
On the Side...	Roasted Potato Cubes in Rosemary	Rice & Pitta Bread	New Potatoes & Medley Vegetables	Garlic Bread	New Potatoes
Dessert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Tea	 Macaroni and cheese	 Ham or Cheese sandwiches	 Homemade Tomato & Cheese Pizza	 stuffed Jacket with Cheese and Sweetcorn	 Sausage Rolls buttered baps & cucumber sticks
	Gingerbread Biscuits	Pear sponge and custard	Jam Sponge	Fruit Flapjack	Black forest cupcakes
Afternoon Snack	selection of savory snacks				

Drinks are served with every meal.

Menu

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk	Selection of Cereals with Whole Milk
Morning Snack	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Main Meal	 Bolognaise with Diced Peppers Mushrooms, & Tomatoes	 Chicken & Sweet Corn Pasta Bake	 Sweet & Sour Pork & Bean sprouts & noodles	 Cottage Pie with Pea's & Carrots	 Roast Gammon
Vegetarian	Quorn Bolognaise	Macaroni Cheese	Sweet & sour quorn	Vegetable Pie topped with Cheese	Vegetable & Bean Stew
On the Side...	pasta	Broccoli	Rice	Carrots & green beans	Roasted Rosemary Potatoes, Carrots & Peas
Dessert	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit
Tea	 Cream cheese rolls	 Tuna mayo and cucumber sandwiches	 Jacket Potato with Tuna mayo	 Dairylea & cucumber soft rolls	 Mixed vegetable pasta
	Carrot Cake	Syrup sponge & custard	Fruit and Oat Biscuits	Apricot & Lemon Curd sponge	Jam tarts
Afternoon Snack	selection of savory snacks				

Drinks are served with every meal.

Menu

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