

Meal and time	Mon	Tues	Wed	Thursday	Friday
Breakfast up until 8.00 a.m.	Fruit	Fruit	Fruit	Fruit	Fruit
Breakfast 9.45 a.m.	Cereal Citrus fruit Water	Toast and Marmalade Choice of 2 Fresh Fruit Milk	Cereal Citrus Fruit Water	Toast and Banana Milk	Cereal Citrus Fruit Water
Lunch 11.45 a.m.	<i>Vegetable Bake/Tuna</i> Pasta Bake– tuna, onion, sweetcorn, tomato, garden peas Homemade Iced Sponge Cake Water	<i>Quorn Chicken/Chicken</i> Casserole, Seasonal Veg – carrot, swedes, peas, couscous– Yorkshire pudding Natural Yoghurt and Fruit Puree Water	Tomato & Lentil Soup – Tomato Sweetpotato Lentil Garlic Carrot – with Fresh Bread Pear and Apricot with Custard Water	<i>Quorn Mince/Minted</i> Lamb Hot Pot – Carrot and Peas - with Diced Potatoes and Two Seasonal Veg Homemade Apple Pie and Cream/Ice Cream Water	<i>Vegetable/Beef</i> Bourginion and Rice – Peppers, Mushrooms and Tomatoes Fruit Cocktail Water
Afternoon Snack 3.00 p.m.	Pancakes fresh fruit Warm Milk	Oatcakes, Tomato Chutney and Apple Slices Warm Milk	Egg or Sardines and Tomato Sandwiches Warm Milk	Toasted Tea Loaf, Cheese and Pineapple Warm Milk	Oatcakes, Pineapple, Cottage Cheese, Carrot, Cuecumber, Pepper Salad Warm Milk

Additional notes:

All meals are cooked fresh on the site each day by the cook and are homemade

The setting is open from 7.30 a.m. – 6.00 p.m. Monday to Friday

Milk and Water are offered at mealtimes

A vegetarian alternative is available on all meals if required – please ask to discuss menu with the Cook if you child is a vegetarian

If your child has an allergy or similar please speak to a Supervisor who will put you in touch with the cook who will be able to discuss our menu in more detail with you and an alternative will be made available

Toast/Sandwiches are a variety of brown, white, whole meal and granary bread

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Breakfast up until 8.00 a.m.	Fruit	Fruit	Fruit	Fruit	Fruit
Breakfast 9.45 a.m.	Cereal Citrus Fruit Water	Toast & Banana Milk	Cereal Citrus Fruit Water	Cereal Citrus Fruit Water	Toast & Marmalade Fresh Fruit Milk
Lunch 11.45 a.m.	Homemade Vegetable Soup – Carrot, Potato, Garlic, Sede, Leek, Celery, Sweet Potato, Tomato Homemade Welsh Cakes Water	<i>Vetetable Pie</i> /Salmon Ocean Pie with Broccoli – Salmon Potato, 2 Vegetables, Cheese Milky Jelly with Ice Cream Water	<i>Quorn Chicken</i> /Chicken Curry Rice – Chicken, Onions, Sweetcorn, Peas, Curry Powder Homemade Chocolate McMuffin Water	<i>Quorn Sausage</i> /Toad in the Hole – Sausages, Yorkshire Pudding – 2 x Seasonal Veg and Mash Homemade Cookies Water	Roasted Vegetable Lasagne – Mixed Veg, Tomato, Lasagne Sheets and Garlic Homemade Upsidedown Cake Water
Afternoon Snack 3.00 p.m.	Crumpet, Jam, Fresh Fruit, Cheese Cubes Warm Milk	Oatcakes Cream Cheese, Cuecumber and Pepper Salad Warm Milk	Spaghetti Hoops on Toast with Grated Cheese Warm Milk	<i>Cheese</i> /Chicken Wraps with Pickle and Apple Slices Warm Milk	Breadsticks, Pea and Mint Hummus, Beetroot, Fresh Fruit Warm Milk

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Breakfast 9.45 a.m.	Toast & Jam Fresh Fruit Water	Cereal Citrus Fruit Water	Cereal Citrus Fruit Water	Toast and Marmalade Fresh Fruit Milk	Cereal Citrus Fruit Water
Lunch 11.45 a.m.	Quorn Mince Cottage Pie, 2 x Mixed Vegetables – Quorn Mince, Mixed Vegetables Ice Cream and Fresh Seasonal Fruit Water	<i>Vegetable/Chicken</i> and Vegetable Soup – Chicken, Tomatoes, Sweet Potatoes, 2 x Vegetables and Potatoes – with Fresh Bread Homemade Carrot Cake Water	Cauliflower Cheese, Ham (<i>no ham</i>) and Sweet Potato Pie – Cauliflower, Cheese Sauce Fruit Crumble and Custard Water	Cod in Parsley Sauce, Garden Peas, Sliced Potato – Cod Stakes, Parsley Sauce Decorative Digestive Biscuit Water	<i>Quorn Steak Strips/Braising</i> Steak and Onions – Beef, Onions – Mash and Carrots Rainbow Fruit Salad with 4 Fruit Water
Afternoon Snack 3.00 p.m.	Pitta Pockets with Cheese, Tomato and Sweetcorn Warm Milk	Bagles with Jam and Fresh Fruit Warm Milk	<i>Cheese/Chicken</i> and Pickle Sandwiches Warm Milk	Pasta Twists with Tuna & Sweetcorn Warm Milk	Toast, Mackerel, Beetroot Salad Warm Milk

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