



Menu – Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements	Selection of cereals, toast & dried fruit (Wheat, Milk)				
Mid-morning Snack Planned to provide 10% of a child's daily nutritional requirements	Oranges	Crackers (Wheat)	Cucumber	Pear	Apple
Lunch & Pudding Planned to provide 30% of a child's daily nutritional requirements	Vegetable & lentil curry with turmeric rice (Milk) Mango fool (Milk)	Salmon & broccoli pasta bake Broccoli, pasta bake V (Fish, Wheat, Milk) Fresh fruit salad	Chicken, white bean, butternut squash, mash Vegetable Stew V (Milk) Banana & date cake (Wheat, Egg)	Spaghetti Bolognese V Cucumber (Soya) Custard & fruit (Milk)	Quorn Chunks, broccoli, in a white sauce & Vegetables V (Soya, Milk, Wheat) Jelly & fruit
Afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Carrots	Banana	Pineapple	Breadsticks (Wheat)	Cucumber
Evening Tea & Pudding Planned to provide 20% of a child's daily nutritional requirements	Potato gnocchi bake & Cucumber (Milk) Shortbread (Wheat, Milk)	BBQ chicken & vegetable rice Quorn Chicken V Banana custard (fish, dairy)	Macaroni & Vegetable Cheese (Wheat, Milk, Mustard) Melon & orange slices	Vegetable curry & rice Yoghurt & fruit (Milk)	Sandwiches, hard boiled eggs, cocktail sausages & salad (Egg, Wheat) Gingerbread (Egg, Wheat)
Note: Fresh drinking water is available and accessible at all times.					



Red: Allergies

V: Vegetarian Option