



# Menu – Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements	Selection of cereals, toast & dried fruit <b>(Wheat, Milk)</b>				
<b>Lunch &amp; Pudding</b> Planned to provide 30% of a child's daily nutritional requirements	Cauliflower + Broccoli Cheese  Frozen Yogurt  <b>Milk/Wheat</b>	Chicken Supreme + Rice <b>V</b>  Yogurt + Fruit  <b>Milk</b>	Salmon + Vegetable Carbonara <b>V</b>  Apple Strudel  <b>Fish/Milk/Wheat</b>	Spaghetti Bolognaise (Quorn)  Jelly + Fruit  <b>Wheat/Soya</b>	Chicken Curry Naan Bread <b>V</b> Fresh Fruit Salad  <b>Wheat</b>
<b>Afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements	Breadsticks/Fruit  Milk	Breadsticks/Fruit  Milk	Breadsticks/Fruit  Milk	Breadsticks/Fruit  Milk	Breadsticks/Fruit  Milk
<b>Evening Tea &amp; Pudding</b> Planned to provide 20% of a child's daily nutritional requirements	Pizza Muffins Cucumber Chucks  Fruit + Flapjacks  <b>Wheat</b>	Super Veg Pasta  Fruit + Shortbread  <b>Wheat</b>	Chicken Wraps Salad <b>V</b>  Fruit + Yogurts  <b>Wheat/Milk</b>	Cowboy Casserole <b>V</b> Fruit + Fruit Loaf  <b>Soya/Wheat</b>	Cheese Crumpets Pineapple, Cucumber, Apple Slices  Biscuit <b>Wheat</b>
<b>Note: Fresh drinking water is available and accessible at all times.</b>					



**Red: Allergies**

**V: Vegetarian Option**