



WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water
Snack	Fresh fruit platter	Cheese straws, cucumber, rice cakes and red peppers	Mixed fresh and dried fruits	Carrots, breadsticks, cheese, grapes and houmous	Fresh fruit platter
Lunch	Chicken and vegetable curry with naan bread and boiled rice  Strawberry yogurt	Vegetable chilli con carne (Quorn) with potato wedges and carrots  Fresh fruit salad	Roast turkey with roast potatoes and cauliflower cheese  Chocolate sponge	Beef lasagne with mixed salad and fresh bread  Apples and pears	Cod fishcakes with sweet corn and mixed salad  Peach yogurt
Hot Tea	Spanish chicken with couscous  Gingerbread people	Jacket Potato with tuna mayonnaise  Blueberry yogurt	Mixed Sandwiches  Rice pudding And mango	Macaroni Cheese  Courgette and raisin muffin	Baked Beans on wholemeal toast  Shortbread biscuits

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week. We also ensure that children are introduced to a variety of fresh fruits and vegetables.