



WEEK TWO	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 grapes	Mixed fresh and dried fruits	Carrots, peppers, breadsticks, cheese and houmous	Fresh fruit platter
Lunch	Beef spaghetti bolognaise with mixed salad  Raspberry yogurt	Vegetable and sweet potato curry with basmati rice and naan bread  Orange sponge	Roast chicken with roast potatoes and carrots  Chocolate rice cakes	Macaroni cheese with mixed salad and butternut squash  Fresh fruit salad	Salmon fishcakes with new potatoes and peas  Lemon curd yogurt
Hot Tea	Tuna-mayo Cheese salad Pitta Pockets  Banana flapjacks	Jacket potato with cheesy beans  Pineapple and mango	Homemade Pizza with mixed salad  Vanilla yogurt	Burgers with Potato Wedges  Apple crumble	Vegetable Soup with Crusty Bread  Fruit scones

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.