



WEEK 3	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, grapes, cheese and houmous	Fresh fruit platter
Lunch	Spinach and ricotta tortellini in tomato sauce with mixed salad Strawberry yogurt	Shepherds Pie with Seasonal Vegetables Fresh fruit salad	Roast Lamb with roast potatoes and cauliflower cheese Carrot cake	Chicken and mushroom pie with sweet potato mash and carrots stewed apple crème fraiche	Salmon and broccoli pasta bake with mixed salad Raspberry yogurt
Hot Tea	Sweet 'n' sour chicken Stir-Fry Lemon sponge	Cheese and tomato pizza Bananas and custard	Spaghetti Hoops on Wholemeal Toast Mixed berry yogurt	Vegetable risotto with and Crusty bread Chocolate shortbread	Vegetable Pasta Bake Semolina

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.