



WEEKLY MENU 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge or a selection of cereals with hot and cold milk.	Porridge or a selection of cereals with hot and cold milk.	Porridge or a selection of cereals with hot and cold milk.	Porridge or a selection of cereals with hot and cold milk.	Porridge or a selection of cereals with hot and cold milk.
SNACKS AM	Fruit selection Rice cakes	Apples Pears Celery sticks	Rice Cakes Bananas	Cucumber Fingers Rice Cakes Banana	Fruit selection Breadsticks Hummus
LUNCH	Chilli Con Carni with steamed vegetables, rice V VG GF	Macaroni and cheese with broccoli and Sweetcorn DF GF	Chicken/Fish/Veg Curry with Rice and Vegetables	Chicken/ Quorn and Vegetable stew with rice	Fish Fingers Mashed potatoes Baked Beans
SNACKS PM	Natural Yogurt Fruits	Rice Cakes and Banana	Mixed Fruit	Natural Yogurt Fruits	Mixed fruit
TEA	Roasted Vegetable and sweet potatoe Cous Cous	Sweet potato and Lentil Soup and warm bread	Warm pitta sandwiches with Chicken, Ham, cheese and crudites	Rice noodles with stir fry vegetables	Cheese, Ham and Cucumber Sandwiches with Crudites



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