

# Sample Menu



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Breakfast</b>	Cereal and milk toast & preserves	Cereal and milk toast & preserves	Cereal and milk toast & preserves	Cereal and milk toast & preserves	Cereal and milk toast & preserves
AM Snack	Chopped Fruit/Vegetables	Cheese Scones	Chopped Fruit/Vegetables	Toast	Chopped Fruit/Vegetables
<b>Lunch</b>	Pasta Bolognese Greek yoghurt with honey	Sausage and tomato casserole with mini roast potatoes Seasonal Fruit	Vegetable Stroganoff and rice Lemon Tart	Jacket Potatoes with Cauliflower and Broccoli Cheese Seasonal Fruit	Fish Fingers, sweet potato wedges, peas Jelly and Ice Cream
PM Snack	Cheese Straws	Chopped Fruit/Vegetables	Crackers with butter and preserves	Chopped Fruit/Vegetables	Cheese cubes and Pineapple
<b>Afternoon Tea</b>	Assorted Sandwiches Seasonal Fruit	Bread sticks, veg sticks, and pitta bread with assorted dips Oat Cookies	Assorted Crackers and cheeseboard with pickles Seasonal Fruit	Homemade Soup and Roll Fromage Frais	Assorted Rolls Seasonal Fruit

All meals are suitable for vegetarians  
Age appropriate substitutes will be made for children who are weaning

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water.

We may substitute food items as necessary.