



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	Grilled honey and lemon salmon with noodles and broccoli  Gingerbread people	Beef and vegetable stew with dumplings and sweet potato mash  Rice pudding And mango	Sliced ham with boiled egg, pasta salad and peas  Blueberry yogurt	Veggie burger with baked beans and rice salad  Courgette and raisin muffin	Spanish chicken with couscous and broccoli  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.