

Week One.

	Snacks (morning/afternoon)	Lunch	Afternoon tea
Monday			
	Fresh fruit and vegetable sticks Buttered crumpets	Tuna pasta bake followed by apple crumble	Cheese wraps
Tuesday			
	Bread sticks with various dips. Fresh fruits and vegetable sticks	Lamb minced burgers with potato wedges and seasonal vegetables followed by sponge cake and custard	Pitta with hummus
Wednesday			
	Fruit sticks and cheese cubes Plain croissants	Baked potatoes with tuna and cheese followed by a fruit yogurt	Chicken wraps with bell peppers
Thursday			
	Cheese spread with crackers Fresh fruit selection	Lentil curry with plain boiled rice followed by flapjacks	Toasted crumpets with butter
Friday			
	Fresh fruit and vegetable sticks	Fish Friday! Fish fingers, chips and peas	Tomato soup with warm bread rolls

Week Two.

	Snacks	Lunch	Afternoon tea
Monday			
	Cucumber and carrot sticks with fresh hummus Cheese and crackers	Cheese and onion quiche with seasonal vegetables followed by fruit salad with cream	Curried chick peas with chopped tomatoes and cucumbers
Tuesday			
	Fresh fruit and vegetable selection Bread sticks with a selection of dips	Spaghetti Bolognese followed by strawberry cheese cake	Potato waffles with baked beans
Wednesday			
	Strawberry jam toast Fresh fruit selection	Baked potato with tuna and cheese followed by sponge cake and custard	Cheesy omelette wrap
Thursday			
	Cheese and buttered crackers Fresh fruit and vegetable sticks	Pizza, chips and beans followed by rice pudding	Carrot and coriander soup with warm bread rolls
Friday			
	Fresh fruit and vegetable selection Buttered crumpets	Fish Friday! Fisherman's pie with seasonal vegetables followed by fromage frais yogurt	Cheesy pasta bake

Week Three.

	Snacks	Lunch	Afternoon tea
Monday			
	Bread sticks with a variety of dips Fresh fruit	Meatballs with spaghetti followed by a selection of cookies and biscuits	Pitta pockets with a variety of fillings
Tuesday			
	Buttered crumpets Fresh fruit and vegetable sticks	Sheppard's pie with seasonal vegetables followed by apple crumble	Vegetable stir fry with rice
Wednesday			
	Fruits and vegetable sticks Marmalade on wholemeal toast	Vegetable lasagne with garlic bread followed by chocolate fudge cake	Pizza slices and garlic bread
Thursday			
	Plain croissants Fresh fruit and vegetable sticks	Chicken meatballs with couscous followed by a selection of fruit	Cheesy omelette wraps
Friday			
	Fruit and vegetable sticks Cheese spread on buttered crackers	Fish Friday! Salmon fishcakes with seasonal vegetables followed by flapjacks	Curried chick peas with chopped tomatoes and cucumber

Fresh water is available throughout the day. Breakfast includes a variety of cereals, buttered toast and jams as well as milk.

For young babies we also have a weaning menu, which we can adapt to suit your babies' needs. This is available upon request at the time of registration.

