

Week 2	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Afternoon Tea
Monday	<p>Breakfast Buffet</p> <p>A varied selection of low sugar cereals such as porridge, overnight oats, Weetabix, Rice Krispies and Shredded Wheat will be offered, as well as toast and fresh fruit.</p>	<p>Fresh Fruit</p> <p>Children are offered a variety of fresh fruit</p>	<p>Chicken fajitas <i>served with salad and sweetcorn salsa</i></p> <p>Stewed apples with yoghurt</p>	<p>Pitta bread, houmous, cucumber and carrot sticks</p>	<p>Tuna and sweetcorn pasta with cucumber and pepper sticks.</p> <p>Fresh fruit platter</p>
Tuesday			<p>Vegetarian bolognese <i>served with wholemeal pasta and broccoli</i></p> <p>Full fat natural yoghurt with apricots</p>	<p>Mixed platter: Red pepper, celery and apples, crackers and spread</p>	<p>Baked potato with cheese and baked beans.</p> <p>Strawberry Jelly with Strawberries</p>
Wednesday			<p>Roast Chicken or Quorn <i>served with carrots, kale, mashed potatoes and gravy.</i></p> <p>Crunchy apricot and pear layer</p>	<p>Seasonal fruity pancakes</p>	<p>Soft cheese sandwiches with cherry tomato, lettuce and cucumber.</p> <p>Full fat fromage frais with melon</p>
Thursday			<p>Cod fishcakes <i>served with new potatoes, peas and sweetcorn.</i></p> <p>Banana fruit salad</p>	<p>Breadsticks with guacamole, cucumber and pepper sticks.</p>	<p>Home made by the children: mini pizzas with children's choice of healthy toppings <i>served with mixed fresh sweetcorn salad</i></p> <p>Mixed berry fool</p>
Friday			<p>Home made fish fingers <i>served with sweet potatoes and peas.</i></p> <p>Peach melba</p>	<p>Wholemeal toast fingers with banana smoothie.</p>	<p>Scrambled eggs on wholemeal toasted muffin.</p> <p>Blueberry and banana muffin.</p>
Milk/Water		Milk/Water	Water	Milk/Water	Water
<p>Seasonal Summer Ingredients</p>		<p>Beans Celery Beetroot Cucumber Broccoli New Potatoes Carrots Onions Cauliflower Peas</p>	<p>Courgettes Spinach Strawberries Tomatoes Watercress</p>	<p>All dishes are freshly prepared on site by a trained chef and are adapted for individual dietary requirements as necessary.</p> <p>None of our dishes contain GM ingredients, artificial sweeteners or additives.</p>	

