

Week 1	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>Sweet and sour chicken <i>served with egg noodles and stir fried vegetables</i></p> <p>Apricot fool with chopped apricot</p>	<p>Oatcakes, cottage cheese and apple chunks</p>	<p>Tuna and mayo wholemeal pitta pockets with cherry tomato and lettuce</p> <p>Natural Yoghurt with mandarin oranges</p>
Tuesday			<p>Vegetarian Chilli Con Carne, Jacket Potato <i>served with crème fraiche and tomato and watercress salad</i></p> <p>Pears with Greek yoghurt</p>	<p>Breadsticks, houmous dip and cherry tomatoes</p>	<p>Cheese on wholemeal toast with peppers and cucumber</p> <p>Gingerbread shapes</p>
Wednesday			<p>White fish and broccoli pie <i>served with sweetcorn</i></p> <p>Creamy rice pudding with sultanas</p>	<p>Pitta bread fingers with tzatziki 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>Sliced banana and yoghurt</p>
Thursday			<p>Fusili with summer vegetables and chickpeas</p> <p>Baked apple</p>	<p>Cream crackers and soft cheese with cucumber and carrot sticks</p>	<p>Egg fried rice with summer vegetables</p> <p>Full fat fromage frais with peaches</p>
Friday			<p>Baked chicken <i>served with summer vegetables and rice</i></p> <p>Peach Melba</p>	<p>Mixed platter: Yellow pepper, cherry tomato, apples, toasted muffin and spread</p>	<p>Tuna sweetcorn and mayo wholemeal sandwiches</p> <p>Fresh fruit salad</p>
Milk/Water		Milk/Water	Water	Milk/Water	Water
Seasonal Summer Ingredients		<p>Beans Celery Beetroot Broccoli Carrots Cauliflower</p>	<p>Courgettes Cucumber New Potatoes Onions Peas</p>	<p>Rhubarb 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>