

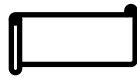


Monday



Cereal and pancakes

Tuesday



Cereal and pancakes

Wednesday



Cereal and pancakes

Thursday



Cereal and pancakes

Friday



Cereal and pancakes

Breakfast

Morning Snack

Vegie crisps

Fresh fruit

Healthy Smoothies

Fresh fruit

Peppers and cucumber

Lunch Starter

Corn on the cob



Yorkshire puddings



Pitta crisps

Lunch Main

Quesadilla vegetable
rice

Chicken pie with roasted
veg and gravy

Veggie Chilli with
cauliflower & rice

Fish goujons with peas

Burgers on a soft bun
with various vegetable
sticks

And mash

Lunch Pudding



Cupcakes



Ice lollies



Afternoon Snack

Fresh fruit

Cheese and crackers

Fresh fruit

Bananna loaf
and milk

Fresh fruit

High Tea

Veggie Pie with buttery
mash

Sausage rolls with
waffles, beans

Breaded chicken strips
and wedges with spa-
ghetti hoops

Chicken casserole
With Broccoli

Picnic Tea

Crawlers

With soft veggie sticks

and peas

EG. Sausage rolls

Explorers

Sandwich with choice
of fillings

discoverers

Veg sticks

After school

Ham and cheese toasties

Sausage rolls
with beans

Breaded chicken strips
and wedges

Sausages sandwiches

Picnic Tea

Toast or fruit is offered if a
child refuses afterschool teas