

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 07:00	Weetabix or Shreddies with milk and sliced strawberries	Half a slice of toast with cream cheese spread or butter	Weetabix or Shreddies with milk and sliced strawberries	Whole oat porridge made with semi skimmed milk and stewed prunes  Half a slice of toast with olive spread	Fruit toast with olive-based spread  Yoghurt and sliced peaches
<b>Mid-morning Snack</b> 10:00	100ml milk  Cucumber, carrot and pepper batons with humous	100ml milk  Breadsticks and avocado dip	Yoghurt with blackberries and raspberries	100ml milk  Melon, kiwi and mango	Cheese, tomato and cucumber kebabs
<b>Lunch</b> 12:00	Salmon risotto with green beans  Apple oat crumble and custard	Beany wholemeal pasta bake with roasted cauliflower florets  Low sugar blueberry muffin	Thai chicken thigh noodles with baby corn & mange tout  Rice pudding with sultanas	Spaghetti Bolognese with half lentils half beef  Reduced sugar summer pudding with custard	Roast chicken dinner with roast potatoes, carrots, parsnip, broccoli and gravy  Raspberry fool
<b>Mid-afternoon Snack</b> 04:00	100ml milk  Melon and plums (quartered)	100ml milk  Cream crackers and grated cheese Grapes (halved)	100ml milk  Oatcakes with cream cheese and pineapple	Wholemeal Pitta bread toasted with mashed avocado and cherry tomatoes halved	Carrot, pineapple and raisin wholemeal muffin
<b>Tea</b> 16:00	Sweet potato and red lentil soup and a wholemeal roll  Yoghurt and sliced peaches	Tuna fishcakes with tomato, cucumber and celery salad  Strawberry frozen yoghurt (no added sugar)	Jacket potatoes with homemade baked beans and grated cheese Salad  Fruit kebabs	Cheesy bean burritos with red, orange and yellow peppers  Yoghurt and sliced nectarines	Cheesy vegetable bake
<b>Evening Snack</b> 18:00	Toast with cream cheese spread or butter	Scrambled egg chopped cherry tomatoes and a slice of wholemeal bread toasted with olive spread  Slices of Apple	Toasted crumpet with olive spread and sliced pear	Couscous salad with beetroot, pomegranate pineapple, peppers, peas and raisins	Toasted wholegrain bagel with cream cheese spread  Slices of banana

Children will self-serve during all meals and will have a choice of milk or water during breakfast and snacks. Water will be available to children all day.