



breakfast at 7am

We start our day with a choice of delicious wholegrain breakfast cereals topped off with milk and fresh fruit or toasted bread with cream cheese.

morning snack at 11am

During the morning we pause for a light snack. This can be a fresh fruit salad, mini pancakes with berries or hummus with celery, carrots and cucumber sticks.

lunch at 12noon

Mondays

Lentil and chickpea dhal and herby couscous followed by a slice of fruit cake.

Tuesdays

Beef chilli con carne and basmati rice followed by apple and raisin flapjacks.

Wednesdays

Chicken and leeks with carrots in a creamy sauce served with paprika potatoes followed by a forest fruit compote.

Thursdays

Pollack fish chowder served with tangy yellow rice followed by a slice of courgette carrot cake.

Fridays

Chicken pasta bake with a sweet carrot sauce followed by a creamy peach yogurt.

daytime snack at 2pm

In the afternoon we pause for a light snack. This can be carrot, cucumber or apple sticks, a fruit scone or slice of fruit loaf, a serving of fresh fruit salad or slice of banana cake.

dinner at 4pm

Mondays

Fish fingers with seasonal mixed vegetables followed by a strawberry yoghurt.

Tuesdays

Winter vegetables with chickpeas and egg free noodles followed by a slice of marble cake.

Wednesdays

Baked tuna pasta with Mediterranean vegetables followed by a rice krispie & apricot slice

Thursdays

Sweet and sour vegetables with pepper, tasty pineapple and egg free noodles.

Fridays

Smoked paprika chicken with a zesty tomato sauce and basmati rice followed by a slice of beetroot chocolate cake.

evening snack at 6pm

This can be an oatmeal bar, scrambled egg on toasted bread, crackers and marmite or butter, beans on toast or a fresh fruit salad.