






# Menu 1

Week Commencing:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 	Selection of cereals and toast (V, C, G, A)	Selection of cereals and toast (V, C, G, A)	Selection of cereals and toast (V, C, G, A)	Selection of cereals and toast (V, C, G, A)	Selection of cereals and toast (V, C, G, A)
<b>Snack</b> 	Fresh carrot sticks (V) Milk (G)	Sliced fresh pears (V) Milk (G)	Sliced cucumber (V.) Milk (G)	Breadsticks and celery (V, I, A) Milk (G)	Fresh melon cubes (V) Milk (G)
<b>Lunch</b> 	Beef and spinach curry with wholemeal rice (A, I) Natural yoghurt and dates (V, G, L) Water	Fish and vegetable medley and new potatoes (A, G, D) Eve's pudding and custard (V, A, C, G) Water	Braised sausage and vegetables (A, I) Mint choc chip cookie and cream (V, A, G) Water	Cheese and potato pie with baked beans (V, G, I) Bakewell tart and custard (A, C, G, V) Water	Tuna and sweetcorn pasta bake (D, A, G, I) Banana and cinnamon rice pudding (V, G) Water
<b>Tea</b> 	Croissants and jam (V, A, C, G) Chocolate and mint sponge cake (V, A, C, G) Milk (G)	Toasted Muffins (V, A, F) Banana (V.) Milk (G)	Spaghetti hoops and croutons (V, A, F) Homemade flapjacks (V, L) Milk (G)	Toasted crumpets (A, V) Homemade shortbread (V, A) Milk (G)	Ham sandwiches (A, F) Sliced pineapple (V)
<b>Baby Tea</b> 	Pureed ham and fresh vegetables (A, F) Natural yoghurt with fruit medley (V, G)	Homemade vegetable soup and bread soldiers (V, A, I, G, F) Mashed Banana (V)	Tomato and basil pasta (L, V) Fruit jelly (V, A)	Puree vegetables (V, G) Rice cakes (V)	Spaghetti hoops and croutons (A) Fromage Frais (G, V)