

MENU THIS WEEK WEEK 1

Monday	Morning Snack:	Fresh fruit
	Lunch:	Cowboy Hotpot, Rice, Carrots and Courgettes Yogurt or fresh Fruit
	Tea:	Ham baguette, cucumber & Jaffa Cakes
Tuesday	Morning Snack:	Cheese and Cucumber Slices
	Lunch:	Roast pork, roast potatoes, seasonal vegetables & gravy Fresh fruit
	Tea:	Toasted Crumpets with Jam or Honey and Raisins
Wednesday	Morning Snack:	Selection of Cereals
	Lunch:	Boiled ham, mashed potatoes, peas & parsley sauce Pineapple upside down pudding with custard or Fresh Fruit
	Tea:	Pasta with Tomato and Basil sauce Fresh fruit
Thursday	Morning Snack:	Fresh fruit
	Lunch:	Chicken and vegetable pie with puff pastry, potato croquettes, sweet corn and gravy Yogurt or Fresh Fruit
	Tea:	Spaghetti on toast Fresh fruit
Friday	Morning Snack:	Rice Cakes & houmous,
	Lunch:	Homemade Cod Fish Pie topped with Mashed Potato and served with garden peas Flapjacks or Fresh Fruit
	Tea:	Crispbreads with a choice of spreads, Yoghurt