



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water
Snack	Fresh fruit platter	Cheese straws, cucumber, rice cakes and red peppers	Mixed fresh and dried fruits	Carrots, breadsticks, grapes, cheese and houmous	Fresh fruit platter
Lunch	Spinach and ricotta tortellini in tomato sauce with mixed salad  Strawberry yogurt	Minced beef with mashed potato and green beans  Fresh fruit salad	Roast ham with roast potatoes and cauliflower cheese  Carrot cake	Chicken and mushroom pie with sweet potato mash and carrots  stewed apple crème fraiche	Salmon and broccoli pasta bake with mixed salad  Raspberry yogurt
Hot Tea	Sweet 'n' sour chicken and vegetables with boiled rice  Lemon sponge	Cheese and tomato pizza with potato wedges and baked beans  Bananas and custard	Cod fish fingers with new potatoes and peas  Mixed berry yogurt	Vegetable risotto with mixed salad and fresh bread  Chocolate shortbread	Beef burger with potato wedges and sweet corn  Iced fruit lolly

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week.

We also ensure that children are introduced to a variety of fresh fruits and vegetables.