

Week 3	Breakfast	Mid Morning Snack	Lunch	Mid Afternoon Snack	Afternoon Tea
Monday	<p><b>Breakfast Buffet</b></p> <p>A varied selection of low sugar cereals such as porridge, overnight oats, Weetabix, Rice Krispies and Shredded Wheat will be offered, as well as toast and fresh fruit.</p>	<p><b>Fresh Fruit</b></p> <p>Children are offered a variety of fresh fruit</p>	<p>Poached cod with new potatoes and peas</p> <p>Greek fruit salad</p>	<p>Mini soft cheese and pineapple sandwiches</p>	<p>Chicken risotto and red pepper sticks</p> <p>Fromage frais with apricot</p>
Tuesday			<p>Chicken Tika <i>served with nan bread with spiced rice</i></p> <p>Pears with Greek yoghurt</p>	<p>Crackers with soft cheese and carrot sticks</p>	<p>Tuna and sweetcorn sandwiches with cherry tomato lettuce and cucumber</p> <p>Full fat Yoghurt with peaches</p>
Wednesday			<p>Macaroni cheese</p> <p>Apricot fool with chopped apricot</p>	<p>Breadsticks with houmous and cucumber and pepper sticks</p>	<p>Chicken fajitas, salad and sweetcorn salsa</p> <p>Fruit flapjacks</p>
Thursday			<p>Quorn bolognese <i>served with broccoli and wholemeal pitta breads</i></p> <p>Orange jelly with mandarins</p>	<p>Oatcakes with banana</p>	<p>Baked potato and cheese with tomato, baby spinach and watercress salad</p> <p>Fruit with Greek yoghurt</p>
Friday			<p>Summer Tuna pasta <i>served with salad and basil</i></p> <p>Banana split</p>	<p>Yoghurt with pineapple with rice cakes</p>	<p><b>Home made by the children:</b> mini pizzas with children's choice of healthy toppings <i>served with mixed fresh sweetcorn salad</i></p> <p>Fruit Salad</p>
Milk/Water		Milk/Water	Water	Milk/Water	Water
<p><b>Seasonal Summer Ingredients</b></p>		<p>Beans Celery Beetroot Broccoli Carrots Cauliflower</p>	<p>Courgettes Cucumber New Potatoes Onions Peas</p>	<p>Rhubarb Spinach Strawberries Tomatoes Watercress</p>	<p>All dishes are freshly prepared on site by a trained chef and are adapted for individual dietary requirements as necessary.</p> <p>None of our dishes contain GM ingredients, artificial sweeteners or additives.</p>