

Menu A

[illegible]

Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 08.00-08.30	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits
Morning snack 09.30	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk
Lunch 11.30	Lentil Bolognese with spaghetti Baked apples with custard	Fish Fingers Potato Wedges Garden Peas Fruit yogurt	Sausage and mash with gravy and carrots Orange jelly	Chicken & apricot tagine with rice Fruity Flapjack (Ducklings fromage Frais)	Spaghetti & meatballs Banana & cinnamon rice pudding
Food temp (°C)					
Afternoon snack 14.30	Rice cakes with turkey roulades	Breadsticks with dips (fruit loaf for Ducklings)	Edam cheese squares with crackers	Malt loaf	Scotch pancakes
Tea 16.15	Homemade butternut soup with a wholemeal roll Fresh fruit	Red Pesto Pasta Fresh fruit	Mini jacket potatoes with beans and cheese Pudding made by the children	Selection of wraps Cucumber slices Fresh fruit	Cheese on toast Cherry tomatoes Fresh fruit
Evening snack 18.00	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection

Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 08.00-08.30	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits	Selection of cereals / Porridge / wholemeal toast with variety of spreads / Greek yoghurt with fresh & dried fruits
Morning snack 09.30	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk	Fresh Fruit, whole & semi- skimmed milk
Lunch 11.30	Chicken stroganoff with rice Greek yogurt & honey	Carousel pasta bake with garlic bread Blackcurrant Jelly	Prawn curry with rice & naan bread Pear & raspberry crumble with ice cream	Spaghetti Bolognese Creamy peach dessert	Sausage lentil simmer Mashed potatoes Broccoli Jam sponge & custard
Food temp (°C)					
Afternoon snack 14.30	Edam cheese squares with crackers	Rice cakes with turkey roulades	Scotch pancakes	Breadsticks with dips (fruit loaf for the Ducklings)	Malt loaf
Tea 16.15	Cheesy Crumpets Cucumber sticks Fresh fruit	Potato croquettes with baked beans & chipolatas Fresh fruit	Beans on toast Chopped beetroot Fresh fruit	Homemade sweet potato soup with a wholemeal roll Pudding made by the children	Homebaked savoury muffin Cherry tomatoes Fresh fruit
Evening snack 18.00	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection	Sandwich selection