



WEEK FOUR	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, grapes, breadsticks, cheese and houmous	Fresh fruit platter
Lunch	Pork sausages with sweet potato mash, parsnips and carrots Mixed berry yogurt	Roast chicken with roast potatoes and broccoli Fresh fruit salad	Vegetable lasagne with mixed salad Rhubarb crumble	Beef, vegetable and lentil curry with naan bread and rice Trio of melon	Salmon fish fingers with roasted new potatoes and corn on the cob Vanilla yogurt
Hot Tea	Tuna pasta bake with mixed salad Cinnamon honey oat cookies	Beef and tomato meatballs with rice and mixed vegetables Lemon sponge	Minced lamb with mashed potato and green beans Strawberry yogurt	Breaded chicken pieces with potato wedges and peas Banana sponge and custard	Stuffed fruity peppers with mixed salad and broccoli Raspberry jelly

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.