

## Menu Sample - Week One

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mixtures of cereals, Yoghurt with toast	Mixtures of cereals, Yoghurt with toast	Mixtures of cereals, Yoghurt with toast	Mixtures of cereals, Yoghurt with toast	Mixtures of cereals, Yoghurt with toast
Am Snack	Mixed fruits with veggies fingers and water	Mixed fruits with veggies fingers and water	Mixed fruits with veggies fingers and water	Mixed fruits with veggies fingers and water	Mixed fruits with veggies fingers and water
Lunch	Roast potatoes with Chicken / Paneer Stew and Mixed Vegetables	Lamb Mince/ Quorn Mince with Rice	Spaghetti with Quorn Bolognese	Baked Salmon /Tofu with Sweetpeppers and pasta	Quorn Mince Lasagne/salad
Pudding	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Tea	Crackers with variety of spread and Veggie fingers	Vegetable couscous with pepper sauce	Beans on toast with cucumber	Home-made Pizza with Variety of Fruity toppings	Vegetarian Sausage rolls with veggie fingers/Dips
Baby /Infant room	Mixed Veg. Butternut squash, Avocado	As above	Swede, carrot and Courgette	Butternut squash, Avocado, potato	As above
Pm Snack	Breadstick Rice cake, Raisins, Fruity Bakes, Milk/water	Breadstick Rice cake, Raisins, Fruity Bakes, Milk/water	Breadstick Rice cake, Raisins, Fruity Bakes, Milk/water	Breadstick Rice cake, Raisins, Fruity Bakes, Milk/water	Breadstick Rice cake, Raisins, Fruity Bakes, Milk/water

## Menu Sample Week Two

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mixtures of cereals, Yoghurts with toast.	Mixtures of cereals, Yoghurts with toast	Mixtures of cereals, Yoghurts with toast	Mixtures of cereals, Yoghurts with toast	Mixtures of cereals, Yoghurts with toast
Am Snack	Mixed fruits with Veggie fingers and water	Mixed fruits with Veggie fingers and water	Mixed fruits with Veggie fingers and water	Mixed fruits with Veggie fingers and water	Mixed fruits with Veggie fingers and water
Lunch	Chicken and apple casserole with potatoes and carrots/ Mixed beans Casserole	Chickpea and vegetable Curry with Brown rice	Beef Burger/ Beans Burger with homemade tomato sauce and potato wedges	Lentils with pastsbroccoli and cauliflower roast	Fish Pie
Pudding	Fresh fruit Platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit Platter
Tea Baby/infant room	Vegetable Pasta	Ratatouille with Mozzarella Cheese and Jacket potato	Mixed Sandwich  One – Skillet Cauliflower	Vegetable Couscous with vegetable salad/Quorn mince vegetable couscous	Hoops and Chicken nuggets with Chips
Pm Snack	Breadsticks/Rice cakes/Raisins / Fruity Bakes with Milk and water	Breadsticks/Rice cakes/Raisins / Fruity Bakes with Milk and water	Breadsticks/Rice cakes/Raisins / Fruity Bakes with Milk and water	Breadsticks/Rice cakes/Raisins / Fruity Bakes with Milk and water	Breadsticks/Rice cakes/Raisins / Fruity Bakes with Milk and water

## Menu Sample Week Three

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mixture of cereals with toast and yoghurt	Mixture of cereals with toast and yoghurt	Mixture of cereals with toast and yoghurt	Mixture of cereals with toast and yoghurt	Mixture of cereals with toast/yoghurt
<b>Am snack</b>	Mixed fruits/vegetable /water	Mixed fruits/vegetable /water	Mixed fruits/vegetable /water	Mixed fruits/vegetable /water	Mixed fruits/vegetable /water
<b>Lunch</b>	Jollof Rice/Vegetable Roast Chicken Veggie opts Quorn mince/stew	Stir fry vegetable Noodles	Beef ragu/soya and Apple Ragu with baby potatoes, bread, beans and courgettes	Salmon and pea risotto/beans risotto	Perogi Lasagna with Sausages
<b>Pudding</b>	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
<b>Tea</b>	Tuna and sweetcorn Pasta	Vegetable couscous with homemade tomato sauce	Whole English muffin pizza with various toppings	Beef/veg burger with potato salad and pepper sticks	Fish Fingers/veggie fingers/Spring roll with strawberries
<b>Baby/ Infant room</b>	As above	As above	Butternut squash, Avocado and Potato	As above	As above
<b>Pm Snack</b>	Breadsticks, Rice Cake, Raisins, Fruity Bakes, Milk/Water	Breadsticks, Rice Cake, Raisins, Fruity Bakes, Milk/Water	Breadsticks, Rice Cake, Raisins, Fruity Bakes, Milk/Water	Breadsticks, Rice Cake, Raisins, Fruity Bakes, Milk/Water	Breadsticks, Rice Cake, Raisins, Fruity Bakes, Milk/Water

## Menu sample week Four

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mixture of cereals/butter toast and yoghurt	Mixture of cereals/butter toast and yoghurt	Mixture of cereals/butter toast and yoghurt	Mixture of cereals/butter toast and yoghurt	Mixture of cereals/butter toast and yoghurt
<b>Am Snack</b>	veggie sticks/ rice cake	Veggie sticks/ rice cake	Mixture of fruits and veggies	Mixture of fruits and veggie	Mixture of fruits and veggie
<b>Lunch</b>	BBQ chicken with pasta/ pepper sauce	Vegetables and red lentils with Brown Rice	Steamed cod in sweet pepper Sauce with potato/green peas. Veg opt (Tofu)	Beef curry with Rice/ Quorn mince Mixed veg	Turkey meatball with feta cheese, Spaghetti / Veggie meatball Veg. opt
<b>Pudding</b>	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
<b>Tea</b> <b>Baby and infant room</b>	Scramble eggs and Spaghetti hoops	Homemade bread with Baked beans/ Mixed vegetables sauce	Chicken pie with Vegetarian Fingers	Vegetable couscous with Tomato Sauce	Vegetable Sausages Waffles and Cucumber Sticks
<b>Pm snack</b>	Breadsticks, Rice cake, Raisins, Fruity bakes, Milk & water	Breadsticks, Rice cake, Raisins, Fruity bakes, Milk & water	Breadsticks, Rice cake, Raisins, Fruity bakes, Milk & water	Breadsticks, Rice cake, Raisins, Fruity bakes, Milk & water	Breadsticks, Rice cake, Raisins, Fruity bakes, Milk & water