



WEEK TWO	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 grapes	Mixed fresh and dried fruits	Carrots, peppers, breadsticks, cheese and houmous	Fresh fruit platter
Lunch	Beef spaghetti bolognese with mixed salad Raspberry yogurt	Vegetable and sweet potato curry with basmati rice and naan bread Orange sponge	Roast chicken with roast potatoes and carrots Chocolate rice cakes	Macaroni cheese with mixed salad and butternut squash Fresh fruit salad	Salmon fishcakes with new potatoes and peas Lemon curd yogurt
Hot Tea	Grilled lemon and honey chicken with couscous and broccoli Banana flapjacks	Baked potato with tuna, cheese, mixed salad and baked beans Pineapple and mango	Homemade ham and pineapple pizza with mixed salad Vanilla yogurt	Lamb and feta burger with potato wedges and sweet corn Apple crumble	Beef chilli con carne with boiled rice and broccoli Fruit scones

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.