# Menu - Week 1

All children's dietary needs will be catered for. Please speak to management.

| | Breakfast | 10 am | Lunch | 2 pm | Tea |
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| Monday | Selection of cereal, toast or fruit with milk or water | SNACK | Meat option:<br>Turkey Meatballs and Cous-cous<br><br>Vegetarian option:<br>Vegetarian Meatballs and Cous-cous<br><br>Served with seasonal vegetables | SNACK | Wraps, houmous, falafel and cheese with salad |
| Tuesday | Selection of cereal, toast or fruit with milk or water | | Soya Chilli con carne, served with basmati rice<br><br>Served with seasonal vegetables | | Crumpets with Cucumber, tomatoes, and sweet peppers |
| Wednesday | Selection of cereal, toast or fruit with milk or water | | Meat option:<br>Chicken spaghetti bolognaise<br><br>Vegetarian option:<br>Soya spaghetti bolognaise<br><br>Served with seasonal vegetables | | Cheese & Beans and Toast. |
| Thursday | Selection of cereal, toast or fruit with milk or water | | Meat option:<br>Sweet potato curry, served with basmati rice and chicken chunks<br><br>Vegetarian option:<br>As above with vegetarian strips<br><br>Served with seasonal vegetables | | Jacket Potatoes with Tuna & Mayo or Beans. |
| Friday | Selection of cereal, toast or fruit with milk or water | | Macaroni and cheese<br><br>Served with seasonal vegetables | | Sandwiches |

We tailor our menus weekly to reflect children's choice (we find this out during conversations at mealtimes) 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.