

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements	Selection of cereals, porridge, wholemeal toast & fruit				
Mid-morning Snack Planned to provide 10% of a child's daily nutritional requirements	Fresh fruit platter	Toasted crumpet, spread and strawberries	Yoghurt and sliced grapes	Carrots, breadstick, cheese, grapes and humous	Banana slices
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Thai chicken and white rice and broccoli florets	Lentil moussaka with garlic bread and mixed salad	Spaghetti bolognaise with salad	Vegetable risotto	Fishcakes / fish fingers with potato wedges with salad.
	Sliced Apples	Pineapple with custard	Greek yoghurt with raspberries	Seasonal fruit salad	Jelly
Mid-Afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Cheese (Sliced or cut into sticks) and sliced tomatoes	Oatcakes and cream cheese	Cucumber and carrot sticks	Crackers and tomato slices	Melon and blueberries
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Jacket potato with baked beans	Lemon chicken wrap with lettuce and cucumber	Pitta Pizza with tomatoes and grated cheese.	Tuna pita pockets with Cucumber	Pesto pasta with salad
	Fruit yoghurt	Pear slices	Fruit platter	Banana milkshake	Melon Chunks

Note:

- ***Please note fresh drinking water will always be available and accessible.***
- ***We will also provide alternative milk according to your child dietary requirements.***
- ***Please inform member of staff of your child's dietary requirements during their induction meeting.***