

<b>WEEK 2</b>	<b>Breakfast</b> 7:30-9:00	<b>Snack</b> 10:00-10:30	<b>Lunch</b> 11:30-12:00	<b>Dessert</b> 12:00-12:30	<b>Snack</b> 2:15-2:30	<b>Tea</b> 3:15-3:45	<b>Pudding</b> 3:45-4:00
<u>Monday</u>	A Choice of Cheerios, Weetabix or Porridge Followed by Buttered Toast (White and Brown Bread)  Drink of Fresh Milk Fruit Juice or Water	A Selection of Fresh Fruits, and Fresh Vegetable sticks.  Drink of Fresh Milk or Water	Beef/Quorn Cottage Pie, Mash potatoes, green beans and carrots with homemade gravy.	Stewed Plums and homemade optional custard.	A Starch based Snack Buttered Cracker Breads, Breadsticks, Cheese Spread Crackers, Rice Cakes, Buttered Toast, Buttered Highland Oatcakes. (Rusks and Corn Snacks offered to babies) Fresh fruit and vegetable sticks  Drink of Fresh Milk Fruit Juice or Water	Egg and Tuna mayo Sandwiches.	Selection of Fresh Fruit.
<u>Tuesday</u>			Sausage/Vegetable casserole, Mixed vegetables, chopped tomatoes with wholemeal pasta	Homemade Rice Pudding with dried fruits		Homemade Vegetable soup with mixed beans and slice of wholemeal bread.	Fromage frais and fresh mixed fruits.
<u>Wednesday</u>			Chicken/Quorn Vegetable pie, short crust pastry, Carrots and parsnips, with New potatoes Cabbage and homemade gravy	Homemade Apricot Flapjack		Crumpets and cheddar cheese.	A selection of dried fruits. Raisins sultanas and apricots
<u>Thursday</u>			Vegetable curry with rice. Carrots, butternut squash, red + green lentils, potato, and swede in homepride jarred curry sauce. Served with naan bread.	Apple crumble and homemade optional custard.		Ham/quorn and cream cheese pitta breads selection of wholemeal and white.	Selection of fresh fruit
<u>Friday</u>			Fish fingers/Vegetable fingers mashed potatoes, peas, sweetcorn and homemade parsley sauce.	Homemade raisin and oatmeal cookies.		Baked Beans on Toast	Tomatoes, cucumbers and carrot sticks.
Water to drink					Milk/Fresh fruit juice to drink		

**KEY**

Protein/Fish/Meat/Poultry Vegetarian/Vegetables/Fruit Dairy Based Other Foods Starch Foods