

Squirrels Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30am to 8.30am	Selection of breakfast cereals served varying from weetabix, cornflakes, rice krispies, malted wheaties, bran flakes, multigrain hoops served with white/brown bread toast, and a drink of milk or water.				
Snack 10.00am	Sliced oranges	Breadsticks	Bananas	Chapatti	Tangerines
Lunch 12.00 noon	Mediterranean vegetable, tomato and garlic rigatoni pasta with side serving of grated mozzarella	Sausage mixed vegetable casserole with root vegetable mash and yorkshire puddings	Chicken, cabbage, carrot batons and boiled new potatoes with gravy	Cheese, tomato and spinach pin wheel and reduced salt baked beans	Fish pie served with sweetcorn and green beans
Lunch Dessert	Fruit yoghurts	Orange jelly	Fromage frais	Choc ices	Fresh fruit salad
Snack 2.00pm	Bagels with spread	Sliced apples	Bread rolls	Plums	Brown pitta
Tea 4.00pm	Chicken chasseur with peppers, peas and brown rice	Salmon penne pasta in a white sauce served with broccoli	Mild Quorn curry with peppers served with fruity cous cous	Beef stew slow cooker with bread	Avocado and cherry tomato spaghetti pasta
Tea Dessert	Peaches and cream	Plums and pears	Sponge cake	Melon melody	Natural yoghurt

Fresh drinking water is available all day. Milk or water is served with breakfast and snacks. Water is served at main meals.