

# Squirrels Week One 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	White pitta	Cucumber sticks	Tortilla triangles	Sliced apples	Cracker bread
Lunch 12.00 noon	Plant based vegan vegetable fingers, reduced salt baked beans, new potatoes	Spaghetti bolognese	Cheese and mixed vegetable puff pastry plait with broccoli	Chicken, carrot and leek hotpot	Creamy tuna fusilli pasta with a side serving of sliced fresh tomatoes
Lunch Dessert	Natural yoghurt and bananas	Ice cream roll	Strawberries and greek yoghurt	Mandarin segments in mandarin juice served with single cream	Melon melody
Snack 2.00pm	Orange quarters	Bread and butter	Tangerines	Melba thins	Sliced pears
Tea 4.00pm	Mushroom penne pasta	Chicken, carrot batons, mash and gravy	Corned beef hash with bread soldiers	Cod, mushy peas and boiled potatoes with a light parsley sauce	Vegan mince children's chilli and rice
Tea Dessert	Fresh fruit salad	Fromage frais	Rice pudding	Bananas and custard	Organic yoghurt

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