

Squirrels Week Three 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	Oat cakes	Apples	Bread and butter	Carrot batons	Crispbread
Lunch 12.00 noon	Cheesy pasta and green beans	Children's minced pork chilli pasta bake	Reduced salt baked bean and veggie sausage hotpot and peas	Chicken fajita with peppers in tomato base with white rice and tortilla triangles	Fish cakes with spaghetti hoops and mini corn on the cob
Lunch Dessert	Frozen yoghurt choobs	Fairy cakes	Vanilla ice cream cup cones	Classic fruit salad	Frozen greek yoghurt slabs
Snack 2.00pm	Pears	Breadsticks	Cucumber sticks	Water biscuits	Oranges
Tea 4.00pm	Spanish chicken served with brown rice	Quiche with cucumber sticks, pepper sticks and softened carrot batons	Tuna linguine and broccoli	Plant based vegan meat free meatballs in gravy with broccoli and mini potato and carrot waffles	Ham carbonara with diced courgettes and garlic bread
Tea Dessert	Strawberries and cream	Natural yoghurt	Banana split	Raspberry custard	Melon

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