

WEEK 3A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7.30AM 8.15AM	WHEAT BISCUITS, CORNFLAKES, RICE CRACKLES, PORRIDGE, WHOLEMEAL TOAST. DA, G, SY, V				
SNACK 10.30AM	CHEESE & CRACKERS & SLICED GRAPES G, V	FRUITY Hooty OWLS G, V	RICE CAKES WITH CREAM CHEESE AND STRAWBERRIES G, DA, V	THE VERY HUNGRY CATERPILLAR SANDWICH & APPLE STICKS G, DA, V	VEGGIE PITTA PIZZAS & CUCUMBER STICKS G, DA, V
LUNCH 12.15PM	COD / VEG RATOUTTE F / V	BUTTER CHICKEN / VEG CURRY V	CREAM CHICKEN / VEG HOTPOT G, DA, /V	BEEF / VEG FAJITAS G/V	STEAK / CHEESE ONION PIE G/V
SIDES	PASTA & GARLIC BREAD G/V	RICE & NAAN BREAD G / V	MIXED VEG V	MIXED SALAD & POTATO WEDGES G / V	ASSORTED VEG & MASHED POTATO G / V
DESSERT	NATURAL GREEK STYLE YOGURT, BANANA & STRAWBERRIES DA	NATURAL GREEK STYLE YOGURT & APPLES & PEARS DA	NATURAL GREEK STYLE YOGURT & RASP/ BLUEBERRIES DA	NATURAL GREEK STYLE YOGURT & WATERMELON DA	NATURAL GREEK STYLE YOGURT & GRAPES & MANGO DA
TEA 3.15PM	MUFFIN & SCRAMBLED EGG G, E	HAM & CHEESE SANDWICHES G, DA, SY, V	TOM & VEG PASTA G / V	CHICKEN / VEG COUS COUS G / V	CREAM CHEESE PASTA DA, G, V
SNACK 4.30PM	NATURAL GREEK STYLE YOGURT & ASST FRUIT DA	NATURAL GREEK STYLE YOGURT & ASST FRUIT DA	NATURAL GREEK STYLE YOGURT & ASST FRUIT DA	NATURAL GREEK STYLE YOGURT & ASST FRUIT DA	NATURAL GREEK STYLE YOGURT & ASST FRUIT DA
DRINK	WHOLE MILK AVAILABLE FOR BREAKFAST & SNACK TIME, WATER AVAILABLE ALL DAY				

All meals are prepared on site daily by our skilled cooks. All dishes will be modified to accommodate all dietary requirements.

Each meal is planned to provide the following % of a child's daily nutritional requirements

Breakfast = 20%, Mid-Morning Snack 10%, Lunch 30%, Tea 20% & Afternoon Snack 10%

Where allergens are present, it is displayed next to the appropriate meal GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs), (V) VEGETARIAN