

Toddlers and Pre-School Children Sample Menus - 12 months to 5 years

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	LIGHT TEA
 MONDAY	(selection of 5/6 cereals) Choice of 2 Wholemeal toast Plain/Fruit Bagels Pancakes Crumpets Potato cakes	Cucumber	Vegetable & Lentil Balti with brown rice & flat breads Banana & ginger cake	Mixed Grapes 1/2 cheese crumpet	Assorted sandwiches Fresh fruit selection
	Choice of 2 Wholemeal toast Plain/Fruit Bagels Pancakes Crumpets Potato cakes	Tomatoes 1/4 Slice Wholemeal toast	*Roast chicken diced roast potatoes mashed potatoes 3 fresh seasonal veg & gravy Fresh fruit selection	Peaches	Sardines/ Marmite on toast Rice pudding with raspberries
WEDNESDAY	Choice of 2 Wholemeal toast Plain/Fruit Bagels Pancakes Crumpets Potato cakes	Banana	Cheese, onion grated carrots potato pie with beans Fromage fraise	Mixed Peppers Hummus & Mini bread sticks	Butternut squash, sweet potato & red pepper soup with focaccia bread Melon selection
THURSDAY	Choice of 2 Wholemeal toast Plain/Fruit Bagels Pancakes Crumpets Potato cakes	Pea Pods 1/2 toasted bagel	*Savoury minced lamb, minted new potatoes, broccoli Carrot batons Carrot & sultana cake	Strawberries	Pitta bread Pizza (made by the children) Greek yoghurt
FRIDAY	Choice of 2 Wholemeal toast Plain/Fruit Bagels Pancakes Crumpets Potato cakes	Oranges	Cod in tomato & basil sauce Pasta spirals & garlic bread Cranberry, apricot & Oat cookie	Celery Water biscuit with cheese spread	Savoury egg fried rice & cucumber sticks Fresh fruit selection

FULL LIST OF INGREDIENTS INCLUDING ALLERGENS ARE AVAILABLE ON REQUEST

***Vegetarian meals available on request as an alternative**