

Water is served with every meal and continued to be offered throughout the day at our Water Station

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal/Porridge with Milk or Toast & Fruit				
Snack	Variety of fruit offered				
Lunch	Cous cous chicken, mixed salad, tzatziki & pitta bread	Chicken Goujons, Potato Wedges & mixed veg	Salmon/Fish en croute with roasted new potatoes & mixed veg	Pork /Vegetable Stir Fry	Maccaroni Cheese & Garlic Bread
either	Yoghurt & fruit, Rice Pudding, Sugar Free Jelly with Fruit, Fruit Oak Crumble or Mousse				
Tea	Cream Cheese, Veg & Bread Sticks	Beans/Scrambled Egg on Toast	Cheese, Crackers & Apple/Grapes	Toasted Crumpets with spread & fruit slices	Wholemeal toast with spread & Veg sticks

Week 2		Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal/Porridge with Milk or Toast & Fruit				
Snack	Variety of fruit offered				
Lunch	Chicken/Veg Pie, new potatoes & veg	Broccoli & salmon pasta with sweetcorn	Mexican bean and cheese wraps with red pepper and celery	Lagana and Garlic Bread	Bean and veggie sausage wholemeal pasta bake
either	Yoghurt & fruit, Rice Pudding, Sugar Free Jelly with Fruit, Fruit Oak Crumble or Mousse				
Tea	Pitta bread with Greek dip & veg sticks	Tuna/Egg Mayonnaise Sandwich & sliced fruit	French Toast with mixed berries	Sausages/vegetable rolls & veg sticks	Croissant with ham/cheese & veg sticks

Week 3		Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal/Porridge with Milk or Toast & Fruit				
Snack	Variety of fruit offered				
Lunch	Hearty Soup with wholemeal toast	Chicken goujons, potato wedges & veg	Cottage Pie with mixed veg	Pasta Bake with garlic bread	Sweet & Sour chicken/tofu with vegetable rice
either	Yoghurt & fruit, Rice Pudding, Sugar Free Jelly with Fruit, Fruit Oak Crumble or Mousse				
Tea	Cheese, Crackers & Apple/Grapes	Wholemeal toast with spread & Veg sticks	Cheese/Ham Sandwiches & veg sticks	Beans/Spaghetti hoops on toast	Fruit toast with sliced fruit

Week 4		Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal/Porridge with Milk or Toast & Fruit				
Snack	Variety of fruit offered				
Lunch	Fish goujons, homemade air fry chips & mixed veg	Pitta pockets, tuna mayonnaise/cheese mixed bean rice & Humous	Roast pork with roast potatoes, & mixed veg	Homemade pizza fingers with veg sticks	Meat/Vegetarian Meatball with spaghetti and veg pasta sauce
either	Yoghurt & fruit, Rice Pudding, Sugar Free Jelly with Fruit, Fruit Oak Crumble or Mousse				
Tea	Toasted cheese crumpets with sliced fruit	Tomato soup with wholemeal toast	Sausages/vegetable rolls & veg sticks	Rice cakes, veg sticks with houmous	Toasted wrap fingers with Humous & sliced fruit

Please inform Tiddles Child Care in writing of any special dietary requirements or allergies. If you are aware that your child will not eat any specific items on this menu, please advise in writing. You may be asked to provide an alternative meal for your child.