

MENU 2

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	A selection of cereals. White toast with spread Pineapple chunks	Peach and mandarin slices Water	Chicken and vegetable wholegrain couscous salad, with garlic bread. <i>Mini milks, frozen yoghurt for babies.</i> Water	Rice cakes with soft cheese spread. Milk or water	Crumpets with a choice of toppings. <i>Natural yoghurt with honey</i> Water	*Boil gammon for lunch tomorrow*
Tuesday	A selection of cereals. Wholemeal toast with spread. Nectarine slices.	Cucumber and carrot sticks with cheddar cheese and chive dip. Water	Gammon with new potatoes and green beans. <i>Bananas and custard.</i> Water	Cheese wheel with grape halves (quarters for babies under 1) and breadsticks. Milk or water	Toasted wholemeal English muffins with a variety of fillings. <i>Blueberry cake</i> Water	*Boil additional potatoes for tea tomorrow*
Wednesday	A selection of cereals. Wholemeal toast with spread. Satsuma	Fresh berry medley Water	Quorn mince bolognaise with pasta. <i>Fruit salad</i> Water	Oatcakes with Diarylea. Milk or water	Tuna, pepper, onion and new potato salad. <i>Flavoured rice cake.</i> Water.	
Thursday	A selection of cereals. White toast with spread. Banana slices/ sticks	Watermelon Slices Water	White fish kedgerree. <i>Raspberry puree with fromage frais.</i> Water	Melba toast with salsa dip. Milk or water	Pitta pockets served with a selection of fillings. <i>Fruit salad</i> Water	*Tea pudding: fruit salad- left over fruits from the week*