

	Breakfast	Lunch	Tea
<b>Monday</b>	<p>8.00am – 8.45am Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Crackers &amp; cheese spread</p>	<p>11.30 Sausage casserole made with pork sausages, tomatoes, onions, mushrooms and courgettes served with cous cous, peas and sweetcorn  A selection of fresh seasonal fruit served with cream</p>	<p>Tea 3.30 Homemade pizza topped with ham, tuna, pineapple, peppers, mushrooms and olives, served with carrot and sultana salad (Babies - trio of root veg)  Yoghurts</p>
<b>Tuesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> A selection of dried fruit</p>	<p>Homemade moussaka, made with lean minced beef, potatoes, onions, mushrooms and aubergines served with green salad and cherry tomatoes  Chocolate chip buns</p>	<p>Whole-wheat spaghetti served with celery, mushrooms, carrots and peppers in a cheese sauce and homemade garlic bread  Apple and pear crumble with vanilla ice cream</p>
<b>Wednesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Breadsticks and milk</p>	<p>Fish pie made with salmon, tuna and haddock in a creamy sauce topped with mashed potatoes and cheese served with green cabbage and carrots  Fromage frais with pear wedges</p>	<p>Homemade minestrone soup, made with tomatoes, courgettes, carrots, onions and celery served with fresh crusty bread and herb butter  Homemade carrot cake with vanilla frosting</p>
<b>Thursday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Cucumber sticks &amp; houmous</p>	<p>Mixed bean chilli, made with onions, mushrooms, peppers and a selection of beans in a spicy tomato sauce served with brown rice, grated cheese and sour cream  Homemade pineapple upside down cake with custard</p>	<p>Baked potatoes with ham and cream cheese, lettuce, cucumber, celery and carrot sticks  Banana and strawberries Set in strawberry jelly</p>
<b>Friday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Cheese and cream crackers</p>	<p>Tuna, tomatoes, onions, mushroom, celery and peppers served with whole-wheat pasta, topped with cheese and baked in the oven served with French bread and butter  Bananas and Custard</p>	<p>Cottage pie made with lean minced beef served with cauliflower and broccoli and mushroom and onion gravy  Eton mess made with meringues, fresh cream and strawberries</p>

**Drinks:** Milk is offered at breakfast and both snack times, Water at lunchtime and fresh juice at tea-time. Water is also available throughout the day in individually named cups/bottles

**Fresh seasonal fruit includes:** apple, pear, banana, plum, peach, nectarine, grapes, melon, pineapple, kiwi, strawberries and raspberries

**Children in Rising Stars and Shooting Stars also have access to a fruit bowl throughout the day**

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<b>Monday</b>	<p>8.00am – 8.45am Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Cucumber sticks and houmous</p>	<p>11.30 Broccoli, cauliflower and macaroni cheese bake, served with homemade garlic bread  Strawberries and ice cream</p>	<p>Tea 3.30 Homemade Stew made with carrots, swede, onions and lean beef in a rich beef gravy served with boiled potatoes  Butterfly buns</p>
<b>Tuesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Crackers &amp; cheese spread</p>	<p>Pork sausages served with creamy mashed potato, white cabbage, sweetcorn and onion and mushroom gravy  A selection of seasonal fresh fruit</p>	<p>A selection of sandwiches (tuna, ham, cheese, egg) served with new potato &amp; chive salad and carrot, celery and cucumber sticks (Babies- sweet potato and butternut squash mash)  Semolina and strawberry jam</p>
<b>Wednesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Digestives and milk</p>	<p>Homemade lasagne made with lean minced beef, onions, mushroom, peppers, courgettes, spinach lasagne and a homemade cheese sauce served with carrots and green beans  Homemade victoria sponge</p>	<p>Joanna's Jambalaya, made with chicken breast, ham, peppers, onion, celery and smoked paprika served with fresh crusty bread  Yoghurts and Fresh Fruit</p>
<b>Thursday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Carrot sticks and dip</p>	<p>Spaghetti Marinara made with tuna and prawns in a tomato and mushroom sauce served with whole-wheat spaghetti and green beans.  Eton mess made with cream, meringues and strawberries</p>	<p>Homemade lentil casserole made with leeks, carrots, courgettes, celery and tomatoes served with crusty bread rolls and butter  Raspberry Milk jelly and Homemade Shortbread</p>
<b>Friday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Cheese cubes and raisins</p>	<p>Chicken casserole made with carrots, peas, mushrooms and tomatoes served with cous-cous  Seasonal fresh fruit salad and Greek yoghurt</p>	<p>Homemade tuna, salmon and dill fishcakes served with baked beans and homemade potato wedges  Homemade apple pie served with custard</p>

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<b>Tuesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Celery sticks filled with cream cheese</p>	<p>Toad in the hole, made with pork sausages and Joanna's secret recipe batter served with swede and carrot mash, green beans, new potatoes and onion gravy  A selection of fresh seasonal fruit</p>	<p>Homemade vegetable soup made with sweet potato, red pepper, butternut squash, carrots and onion served with Crusty Bread and Butter  Yoghurts and Joanna's Homemade Cookies</p>
<b>Wednesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Cheese and cucumber sticks</p>	<p>Paella made with chicken breast, prawns, peppers, sweetcorn and peas served with fresh bread and herb butter  Apple and pear crumble and custard</p>	<p>Jacket potatoes topped with a choice of grated cheese, tuna or egg mayonnaise, carrot sticks and an apple, celery and sultana salad  Fresh seasonal fruit</p>
<b>Thursday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Crackers &amp; cheese spread</p>	<p>Chicken and sweetcorn puff pastry served with mashed potatoes, spring cabbage and carrots.  Homemade raisin and chocolate crispy cakes</p>	<p>Tuna, Tomato, pea, courgette and ham pasta bake topped with parmesan cheese and baked in the oven  Banana Cake with custard</p>
<b>Friday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Selection of Dried fruit</p>	<p>Sweet and sour pork with red peppers and pineapple served with boiled brown rice  Raspberry jelly served with raspberry ripple ice-cream</p>	<p>Homemade Twinkles burgers made with lean minced beef served in a bun with a mixed salad of lettuce, tomatoes, cucumber and celery and potato wedges  Chocolate chip cake with chocolate sauce</p>

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<b>Tuesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> <b>Cucumber sticks</b> and cheese</p>	<p>Risotto made with <b>salmon, peppers, mushrooms, leeks,</b> and <b>tomatoes</b> served with warm French bread  <b>Fresh seasonal fruit</b></p>	<p>Homemade pizza topped with <b>ham, pineapple, peppers, mushrooms</b> and olives, served with mixed <b>salad leaves</b> (Babies - trio of <b>root veg</b>)  Sticky date muffins</p>
<b>Wednesday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Crackers and jam</p>	<p>Creamy <b>chicken</b> &amp; chick pea curry served with boiled brown rice, homemade chapattis and mango chutney  <b>Seasonal fresh fruit</b> salad served with Greek yoghurt</p>	<p>Whole-wheat spaghetti Bolognese made with <b>lean minced beef, onions, peppers, courgettes, tomatoes</b> and <b>mushrooms</b> served with <b>broccoli</b> and homemade garlic bread  Homemade scones served with <b>raspberry jam</b> and cream</p>
<b>Thursday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> Selection of dried fruit</p>	<p>Roast <b>chicken,</b> new potatoes, <b>cauliflower</b> cheese, <b>broccoli</b> and a homemade chicken and <b>mushroom</b> gravy  <b>Fresh seasonal fruit</b></p>	<p>A selection of sandwiches (<b>tuna, ham, egg, cheese</b>) with <b>sweet potato, carrot</b> and <b>parsnip</b> wedges (Babies - <b>sweet potato, butternut squash</b> and <b>carrot delight</b>)  Rice pudding with nutmeg</p>
<b>Friday</b>	<p>Whole-wheat cereal Wholemeal toast <b>Snack 10.00am</b> Fresh Seasonal Fruit <b>Snack 5.30pm</b> <b>Carrot sticks</b> and garlic dip</p>	<p>Cheesy bean fish pie, made with <b>haddock</b> and baked beans and topped with creamy mashed potato and cheese and baked in the oven, served with <b>spring cabbage</b>  Homemade <b>carrot</b> and orange cake</p>	<p><b>Pork sausages, peas, mushrooms, peppers</b> and penne pasta in a homemade <b>tomato</b> and basil sauce  <b>Bananas</b> and Custard</p>

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