

# Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves
AM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Main Meal	Jacket potato with cheddar cheese and baked beans	Discoverers and Explorers: Chicken pie, served with sweetcorn  Adventurers: Homemade chicken goujons, served with sweetcorn	Discoverers & Explorers: Fish pie with a mixture of vegetables  Adventurers: Fish cakes, potato lattices with a mixture of vegetables	Chicken korma and rice, served with finger slices of naan bread	Beef stew with hidden vegetables and dumplings
Vegetarian		Discoverers and Explorers: Vegetable pie, served with sweetcorn  Adventurers: Vegetable goujons, served with sweetcorn	Discoverers & Explorers: Fish pie with a mixture of vegetables  Adventurers: Fish cakes, potato lattices with a mixture of vegetables	Vegetable korma and rice, served with finger slices of naan bread	Vegetable stew and dumplings
Dessert	Bananas and custard	Fruit crumble	Flavoured yoghurt and fruit	Flavoured sorbet	Warm stewed apples
PM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Tea	Fruit scones served with vegetable sticks	Crumpets	Warm buttered english muffins	Sandwiches/Wraps with a variety of fillings, served with vegetable sticks	Scrambled egg on wholemeal toast