|  |  |  |
| --- | --- | --- |
| Breakfast  | Snack | Tea |
| * **Selection of cereals : Weetabix, shreddies, oatmeal squares, wheat bisks, Farley’s Rusk**
* **Porridge with choice of fruits**
* **Toast with butter, Jam or honey**
* **Crumpets with cheese spread**
* **Pancakes with honey and fresh fruits**
* **Boiled eggs with tomatoes, wholemeal toast and spread**
 | * **Seasonal fruits**
* **Raisins**
* **Cheese strings**
* **Milk**
* **Corn on the cob/ baby corn**
* **Vegetables: carrots, peppers , baby corn, corn on the cob, sugar snap beans cucumbers**
* **Rice cakes with raisins**
* **Avocado on toast**
* **Plain yoghurt with fruit**
 | * **Veggie pitta pizzas made by children**
* **Crackers with cream cheese and cucumbers**
* **Breadsticks/carrot sticks with dip**
* **Butter and cheese Sandwiches with pepper sticks**
* **Potato Waffles and baked beans**
* **Home made tomato soup with baguette**
* **Beans on toast**
* **Fruit loaf and raisins**
* **Ciabatta bread and olives**
* **Turkey Ham/ cheese oven baked butter croissants**
* **Cous-cous salad**
* **Quiche with potato salad and pepper sticks**
* **Mashed avocado and pita bread**
* **Potato poppers and root salad**
* **Fish fingers/ veggie fingers-and mushy peas**
 |

**MayGardens Little Learners’s Menu**

Lunch

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **week** | **monday** | **tuesday** | **wednesday** | **thursday** | **friday** |
| **1** | **Home-made Cheesy pasta bake****with mixt vegetables****Fruit salad** | **Home-made Kichdi****Melon boats** |  **Lentil moussaka with garlic bread and mixed salad****Fomaje frais** | **BBQ chicken or BBQ Quorn pieces with steamed baby potatoes and roast vegetables** **Fresh berries** | **Jacket potatoes with tuna/salmon/Cheese/beans****Fresh oranges** |
| **2** | **Sweet and sour vegetables with noodles/ rice noodles** **Berry Medley** | **Home made stuffed peppers** **Fruit yoghurts** | **Home made Cauliflower pasta carbonara** **Fruit kebabs** | **Thai chicken curry / Thai Tofu Curry with white rice** **Custard** | **Home made fish fingers/ home made Veggie fingers with steamed green beans and baby corn** **Water melon** |
| **3** | **Spaghetti with tomato sauce and olives****Banana and custard** | **Home made salmon cakes/ home made veggie burgers with roast potatoes and peas****Plain Yoghurt with raspberry puree** | **Vegetable and red lentil dhansak with brown rice****Fresh Berries** | **Home-made Vegetarian lasagna** **Greek yoghurt with honey** | **Chicken sausages /Vegetarian sausages with home-made mash and steamed broccoli****Fresh melon** |
| **4** | **Vegetarian Shepherd’s pie with green beans****Watermelon Whole Fruit Popsicles** | **Vegetables stir fry with noodles/ rice noodles****Yoghurt tubes** | **Home made nuggets / Home made veggie fingers with sweet potato fries and cucumber sticks****Mix fruit salad** | **Rice with fresh cod/spinach and peas****Custard** | **Macaroni cheese with fresh tomatoes****Fresh pears** |

* **All meat provided is halal**