|  |  |  |
| --- | --- | --- |
| 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**