

The following menu has been devised using the guidance of the Food Standards Agency, incorporating current Nutritional Guidelines for children. *Children under 1 are provided with suitable alternatives where appropriate.*

The menu runs on an eight week cycle ensuring that the children get as wide a variety as possible.

Ingredients are fresh and local where-ever possible, and meat products are free-range and from local sources. Eggs are free-range.

Alternatives are offered for children with special dietary requirements. Milk and water are available to drink at snack and tea times..

Water is offered at lunchtime. Water is freely available throughout the day.

<u>SNACK</u>	<u>LUNCH</u>	<u>TEA</u>
Dried fruit Seeds	Roast chicken and all the trimmings <i>Fresh fruit salad</i>	Home-made soup <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Fresh fruit	Turkey and tomato risotto with mixed vegetables <i>Vanilla sponge and custard</i>	'Make your own' sandwiches <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Rice cakes with butter or cheese spread	Vegetarian pasta bolognaise with sweet corn and garlic bread <i>Fresh fruit salad</i>	Stuffed pita pockets <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Apple and cheese cubes	Gammon and pineapple with home-made potato wedges and peas <i>Fruity jelly</i>	Pizza fingers with corn-on-the-cob <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Vegetable sticks	Fish pie, broccoli and sweetcorn <i>Ice cream</i>	Toasted English muffins with scrambled egg and chopped tomatoes <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Breadsticks with cheese dip	Swedish meatballs and noodles with diced carrots and green beans <i>Fruit pavlova</i>	Beans or spaghetti on wholemeal toast <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Mackerel pate with toast fingers	Fruity curry with couscous and naan bread <i>Home-made tam tarts</i>	Cheesy potato skins with cucumber and carrot sticks <i>Fresh or dried fruit , yoghurt or fromage frais</i>
Apple and cheese cubes	Baked potatoes with a choice of fillings <i>Bananas and chocolate sauce</i>	Bagels with cream cheese and chopped salad <i>Fresh or dried fruit , yoghurt or fromage frais</i>