

SAMPLE MENU 3-5 YEARS					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Main	Sausage, mashed potatoes, peas, carrots served with a red onion gravy	Bean and vegetable curry served with rice	Chicken & Vegetable cheese crunch served with saute potatoes	Bolognese sauce served with pasta and sprinkled with grated cheese	Home made fish fingers or battered fish served with potato wedges, sweetcorn peas & home made tomato sauce
Pudding	Fresh fruit	Bio yoghurt	Jelly & fruit	Apples and Custard	Crackers, cheese, apple and grapes
Protein Carbs Veg Optional Extras Hidden Veg Alternative Meal	Sausages Potato Peas and Carrots Gravy - Marmite, flour, red onion, veg oil, veg stock, carrot Red onions Quorn veggie/gluten free sausage Gluten free gravy	Cannellini and Barloti beans Rice Carrots, courgettes, peppers, tomatoes, onions and peas Cous cous Gluten free cous cous Spices - paprika, chilli powder, garlic powder, cinnamon and black pepper	Cheese and chicken Crumble top, white sauce, potatoes Carrot, parship, peas, swede Sauce - milk, veg fat, flour, mustard and cheese Quorn, gluten free topping/sauce and no dairy sauce	Minced beef and cheese Pasta Tomatoes, garlic, basil and oregano Quorn, halal mince	Fish Potatoes Peas, sweetcorn Homemade tomato sauce Veggie fingers
TEA	TEA	TEA	TEA	TEA	TEA
Main	Mac 'N' Cheese served with baton carrots	Vegetable soup served with mixed bread	Sweet potato bake with beans	Jacket Potato served with egg, tuna or cheese and Iceburg lettuce, tomatoes, cucumber and carrots	Tagliatelle with mediterranean vegetables and homemade tomato sauce
Pudding	Shortbread biscuits with milkshake	Fruit Crumble with custard	Fresh fruit	Yoghurt	Fairy Cakes
Protein Carbs Veg Optional Extras Hidden Veg Alternative Meal	Cheese Pasta Carrots	Red lentils Bread Onions, leek, garlic, carrot, celery, nutmeg, veg stock and black pepper	Beans Potato and sweet potatoes	Cheese, egg, tuna Potatoes Lettuce, tomatoes, cucumber and carrots	Chick peas Pasta Courgette, aubergine, mixed peppers, tomato, onion, garlic Extra - Olive oil, basil, oregano Gluten free pasta