

Tiny Tots 3 week menu



Week 1	Breakfast 7:00am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Tuna and sweetcorn mini pizza, fresh fruit/salad *** Banana cake	Selection of fruit with a cracker, breadstick or ricecake	Beef Lasagne with mixed vegetables *** Fromage Frais
Tuesday			Macaroni cheese with mixed vegetables *** Jelly wih fresh fruit		Cowboy pie and baked beans *** Easy peel banana
Wednesday			Fish fingers with peas and sweetcorn in a cheese sauce *** Fresh fruit and ice cream		Chick pea and vegetable curry with boiled rice *** Fromage Frais
Thursday			Cheesy beans with wholemeal toast *** Greek yogurt with a fruit puree		Roast pork, cauliflower and broccoli cheese and mashed potato *** Choc ice
Friday			Chicken sandwiches, boiled egg quarters, fresh fruit/salad *** Rice pudding		Beef Chilli with kidney beans, baked beans and boiled rice *** Fromage Frais

Week 2	Breakfast 7:00am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Oven omelette(finely chopped ham, cheese,mushroom,peppers), fresh fruit/salad *** Greek yogurt with a fruit puree	Selection of fruit with a cracker, breadstick or ricecake	Sweet and sour pork and mixed vegetables with boiled rice *** Fromage Frais
Tuesday			Cheesy beans with a buttered roll *** Fruit salad		Mince pie with mashed potato, carrots, green beans and gravy *** Cornflake cake/Oat biscuits
Wednesday			Scrambled egg with wholemeal toast *** Fresh fruit and ice cream		Corned beef hash with mixed vegetables and gravy *** Fromage Frais
Thursday			Macaroni cheese with mixed vegetables *** Rice pudding		Sausage casserole with baked beans and mashed potato *** Easy peel banana
Friday			Tuna and salmon patties with spaghetti *** Jelly with fresh fruit		Chicken risotto with peas and sweetcorn *** Fromage Frais

Week 3	Breakfast 7:00am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Cheese and mayonnaise roll, boiled egg quarters, fresh fruit/salad *** Fresh fruit with ice cream	Selection of fruit with a cracker, breadstick or ricecake	Salmon and tuna pasta bake with peas and sweetcorn *** Fromage Frais
Tuesday			Cheesy beans with wholemeal toast *** Fruit salad		Shepherds pie with buttered carrots and swede and mash potato *** Melt in moments
Wednesday			Vegetable fingers and spaghetti *** Banana cake		Sausage and mash, carrots and peas with gravy *** Fromage Frais
Thursday			Tomato and vegetable pasta bake *** Greek yogurt and fruit puree		Roast chicken, cabbage, cauliflower and mashed potato with gravy *** Easy peel banana
Friday			Turkey mayonnaise sandwiches, boiled egg quarters, fresh fruit/salad *** Jelly with fresh fruit		Spaghetti bolognaise with mixed vegetables *** Fromage Frais

Breakfast is served from 7am – 8:15am

Breakfast– Cornflakes, Rice crispies, Weetabix, Porridge all served with fresh whole milk.

All dietary requirements will be catered for. A vegetarian option is always available.

THE MENU IS SUBJECT TO CHANGE.

FOR CHILDREN UNDER 12MONTHS FRUIT AND VEGETABLE PUREES WILL BE PROVIDED.