

Breakfast, Morning Snack, Lunch & Afternoon Tea
Weekly Menu A

<u>Week One</u>	Breakfast	Morning snack	Lunch Main	Afternoon snack	Afternoon Tea
Monday	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu A</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Fish Couscous salad</i> <i>White Fish with Cauliflower /peas served with Couscous and Summer Salad</i> <i>Semolina pudding with grapes Fresh fruit Apple/Pear Water</i>
Tuesday	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu A</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Chicken Casserole</i> <i>Chicken served with Swede, Turnip Carrots& Baby Potatoes</i> <i>Natural Yoghurt with Fresh Fruits Water</i>
Wednesday	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu A</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Macaroni Cheese</i> <i>Macaroni Pasta cheese sauce served with sweetcorn and White Bread</i> <i>Fresh Fruit Grapes, Kiwi, Apple Water</i>
Thursday	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu A</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Veggie Bake</i> <i>Green Beans, Carrots Peas with Potatoes served with White Bread and Butter</i> <i>Custard and banana</i> <i>Fresh fruit banana and apple Water</i>
Friday	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of fresh fruit</i>	<i>Zebedees menu A</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Spaghetti Bolognese</i> <i>Lamb Mince with sweet peppers served with spaghetti & Grated Cheese</i> <i>Rice pudding with raisins Fresh Fruit Water</i>

Breakfast, Morning Snack, Lunch & Afternoon Tea
Weekly Menu B

<u><i>Week Two</i></u>	<i>Breakfast</i>	<i>Morning snack</i>	<i>Lunch Main</i>	<i>Afternoon snack</i>	<i>Afternoon Tea</i>
<i>Monday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu B</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Fish Couscous salad White Fish with Cauliflower /peas served with Couscous and Summer Salad Semolina pudding with grapes Fresh fruit Apple/Pear</i>
<i>Tuesday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu B</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Veggie Bake</i> <i>Green Beans, Carrots Peas with Potatoes served with White Bread and Butter Natural Yoghurt Honeydew Melon Water</i>
<i>Wednesday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu B</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>SpaghettiBolognese</i> <i>Lamb Mince with sweet peppers served with spaghetti & Grated Cheese Fresh Fruit Pineapple, Apple, Kiwi Water</i>
<i>Thursday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu B</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Macaroni Cheese</i> <i>Macaroni Pasta cheese sauce served with sweetcorn and White Bread Grapes, Kiwi, Apple Water</i>
<i>Friday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu B</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Wholegrain Sandwiches</i> <i>Selection of Fillings include Cheese, Chicken and Egg with a Selection of Vegetable Sticks Fruit Water</i>

Breakfast, Morning Snack, Lunch & Afternoon Tea
Weekly Menu C

<i>Week Three</i>	<i>Breakfast</i>	<i>Morning snack</i>	<i>Lunch Main</i>	<i>Afternoon snack</i>	<i>Afternoon Tea</i>
<i>Monday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of fruit</i>	<i>Zebedees menu C</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Beans on Toast</i> <i>Mixed Baked Beans and Toasted Brown bread served with Cucumber Sticks</i> <i>Semolina & grapes Fresh Fruit Water</i>
<i>Tuesday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu C</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Fish Pie</i> <i>White fish with cauliflower sweetcorn served with Potatoes & Grated Cheese</i> <i>Fresh Fruit Water</i>
<i>Wednesday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu C</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Egg Noodles</i> <i>Quorn pieces with egg noodles</i> <i>Rice pudding/sultanas Fresh Fruit Water</i>
<i>Thursday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu C</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Vegetable Curry</i> <i>Quorn curry Mince with carrots peas served with Basmati Rice Bananas and custard</i> <i>Fresh Fruit Water</i>
<i>Friday</i>	<i>A Choice of Breakfast includes Fresh Fruit, Weetabix, Rice Krispies, Cornflakes, Porridge and Wholemeal Toast with Butter Milk/ Water</i>	<i>Variety of Fresh Fruit</i>	<i>Zebedees menu C</i>	<i>Variety of Fresh Fruit Milk & Water</i>	<i>Cheesy Pasta Bake</i> <i>Mixed vegetables and pasta bake with cheesy sauce</i> <i>Fresh Fruit Water</i>