

## Week 1

### Monday

Sweet Potato, Spinach and Chickpea

Curry with Rice and Naan Bread



Fruit Flapjack

Snack: Hummus, pitta bread and crudites



### Tuesday

Roast Chicken, Roast Potatoes and

Roasted Root Vegetables

Bananas and Yogurt



Snack: Cheese and Crackers



### Wednesday

Leek and Potato Soup with Crusty Bread



Pear and Vanilla upside down Sponge



Snack: Tomato and Pesto Tart



### Thursday

Vegetable Pasta Bake with Garlic Bread



Chocolate Sponge with Custard



Snack: Apple, Shortbread and Cheese



### Friday

Cottage Pie and Peas



Quorn Mince Cottage Pie

Semolina



Snack: Tuna & Egg Sandwiches



Salads will vary between potato/rice/pasta, coleslaw or grated carrot

Our menus are prepared with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England published in 2017.

