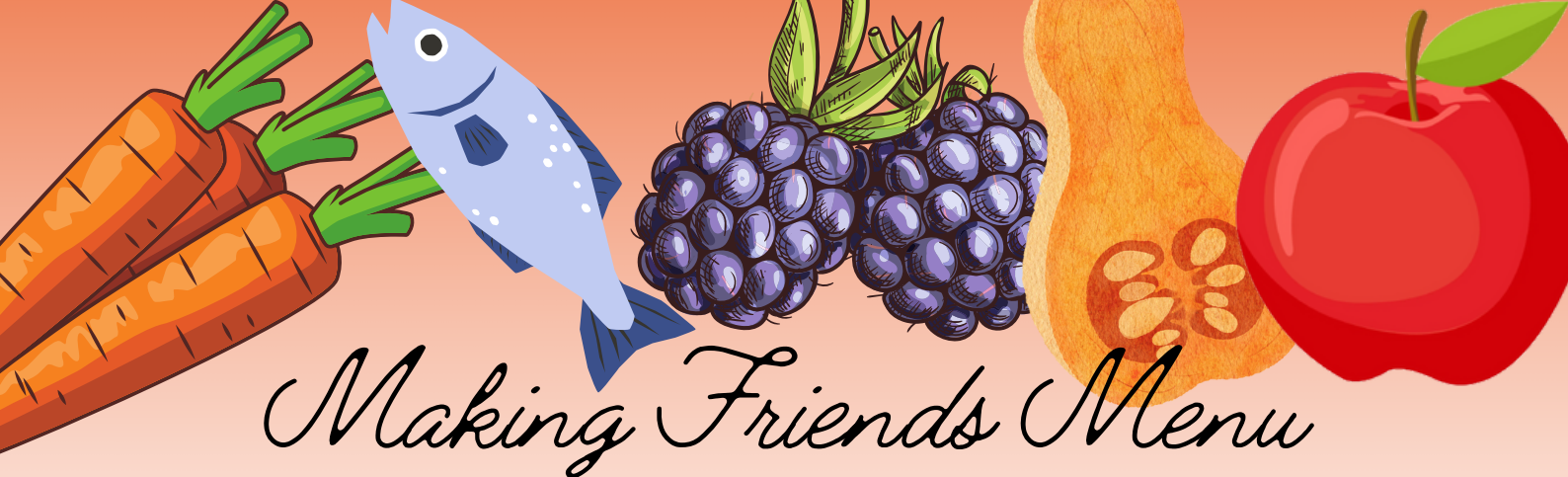




Making Friends Menu

Autumn/Winter Week 1

Monday	Breakfast Cereal Selection Wholemeal toast Orange Slices	Dinner Jacket Potato and Cheese with Salad Greek Yogurt and Red Berries	Snack AM/PM (Over 1's only) Fruit ----- Rice Cake	Tea Ham & Pea Pasta Bake Banana Muffin
Tuesday	Breakfast Porridge Eggy Bread Pear	Dinner Pitta Bread and Humous Chicken Jambalaya	Snack AM/PM (Over 1's only) Salad Sticks ----- Fruit	Tea Savoury Croissants Natural Yogurt
Wednesday	Breakfast Cereal selection Fruit loaf Peaches	Dinner Salmon Pasta Bake with Seasonal Veg Warm Banana and Yogurt	Snack AM/PM (Over 1's only) Fruit ----- Cream Cracker and Soft Cheese	Tea Beans on Wholemeal Toast Fruit Selection
Thursday	Breakfast Hard Boiled Eggs and Tomatoes Wholemeal Toast Apple	Dinner Melon Slices Shepherds Pie	Snack AM/PM (Over 1's only) Savoury Cracker ----- Fruit	Tea Pizza Crumpets Natural Yogurt and Pear
Friday	Breakfast Cereal Selection Cheese Scone Banana	Dinner Super Savoury Rice with Corn on the Cob Fresh fruit cocktail	Snack AM/PM (Over 1's only) Fruit ----- Breadstick and dip	Tea Vegetable Soup with Wholemeal Crusty Bread Fruit Selection



<i>Monday</i>	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Beans on Wholemeal Toast Mixed berries	Butternut Squash soup Fajita wraps	Rice Cake ----- Fruit	Mac n Cheese with Peas Natural yogurt

<i>Tuesday</i>	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Fruit loaf Banana	Fish Pie Greek Yogurt and Peaches	Fruit ----- Cracker and cheese	Boiled Eggs with Wholemeal Bread Fruit selection

<i>Wednesday</i>	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Porridge Wholemeal Toast Orange Slices	Pepper Sticks with Tzatziki Chilli and Rice	Salad sticks ----- Fruit	English Muffin with Cream Cheese Natural Yogurt

<i>Thursday</i>	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Eggy Bread Pear	Lentil Lasagne Fresh Fruit Cocktail	Fruit ----- Melba toast	Spanish Omelette Banana Bread

<i>Friday</i>	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Breakfast Muffin Weetabix Apple	Cheese twist Veggie sausage and mash	Pitta Bread and Humous ----- Fruit	Fish Finger Sandwich Natural Yogurt



Making Friends Menu

Autumn/Winter Week 3

Monday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Eggy Bread Orange slices	Tuna fish cakes with Mushy Peas and Salad Fresh Fruit Cocktail	Fruit ----- Rice Cake	Savoury Rice French toast
Tuesday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Porridge Wholemeal Toast Pear	Melon slices Beef Stew and Dumplins	Salad sticks ----- Fruit	Sandwich Selection Natural Yogurt and Pear
Wednesday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Fruit Loaf Peaches	Quiche with Greek Salad Greek Yogurt and Stewed Pear	Fruit ----- Cream Cracker and Soft Cheese	Jacket Potato and Beans Warm Cinnamon Bananas
Thursday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Hard Boiled Eggs and Tomatoes Wholemeal Toast Apple	Tomato Flat Bread Vegetable Pasta bake	Savoury Cracker ----- Fruit	Zesty Chicken Wrap Natural Yogurt
Friday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Cheese Scone Banana	Creamy Chicken & Mushroom Rice Greek Yogurt and Mixed Berries	Fruit ----- Breadstick and Dip	Mackerel and Tomato Pasta Bake Dark Chocolate Dipped Orange Slices



Making Friends Menu

Autumn/Winter Week 4

Monday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Beans on Wholemeal Toast Mixed berries	Savoury Thins with Cream Cheese African Sweet Potato Stew with Lentils	Rice Cake ----- Fruit	Crustless Quiche Natural Yogurt and Pear
Tuesday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Wholemeal Toast Banana	Pitta Pizza with veg Fresh Fruit Cocktail	Fruit ----- Cracker and Cheese	Saag-a-loo and Salad Fresh Fruit
Wednesday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Weeabix Eggy Bread Orange slices	Veg sticks and Dip Roast Chicken Dinner	Salad sticks ----- Fruit	Wrap Selection Natural Yogurt
Thursday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Cereal Selection Fruit Loaf Pear	Fish Curry and Rice Greek Yogurt and Stewed Apple	Fruit ----- Melba Toast	Eggy Bread Fresh Fruit
Friday	Breakfast	Dinner	Snack AM/PM (Over 1's only)	Tea
	Breakfast Muffin Porridge Apple	Pizza Pin Wheel Spaghetti Bolognese	Pitta Bread and Humous ----- Fruit	Tea Cakes with Cheese Slices and Tomato's Natural Yogurt with Mixed Berries