

## Menu W2

 Menu W2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  <b>Drinks water / milk</b>	Choice of whole wheat / low sugar fortified cereals / porridge with milk. Toast with butter / margarine / cream cheese / Jam 100% fruit	Choice of whole wheat / low sugar fortified cereals / porridge with milk. Toast with butter / margarine / cream cheese / Jam 100% fruit	Choice of whole wheat / low sugar fortified cereals / porridge with milk. Toast with butter / margarine / cream cheese / Jam 100% fruit	Choice of whole wheat / low sugar fortified cereals / porridge with milk. Toast with butter / margarine / cream cheese / Jam 100% fruit	Choice of whole wheat / low sugar fortified cereals / porridge with milk. Toast with butter / margarine / cream cheese / Jam 100% fruit
<b>Lunch</b>  <b>Drinks - water</b>	Carrot & Leek Soup with Butter Beans  Homemade Hummus on Wholemeal Toast Tomatoes & Cucumber  Rice Pudding with Jam  Babies as above	Scrambled Eggs  Cream Cheese Sandwiches  Side Salad; Spinach Leaves, Cucumber & Baby Tomatoes  Waffles & Natural Syrup  Babies as above	Homemade Tuna & Mixed Vegetable Rice Pot  Green Beans & Petite Pois  Apple Cake & Single Cream  Babies as above	Homemade Sweet Potato, Carrot, Parsnip, Leek Soup with Oat & Chickpea Dumplings  Cheese & Tomato Pizza Slices  Fruit Bread with Mixed Fruits  Babies as above	Baked White & Sweet Potato with Grated Cheddar Cheese or Cream Cheese or Tuna Mayonnaise  Cucumber, Tomatoes & Sweet Peppers  Fresh Fruit Salad & Single Cream  Babies as above
<b>Dinner</b>  <b>Drinks - water</b>	Homemade Thai Red Vegetable Curry with Potatoes and Thai Rice with Quinoa  Naan Bread with Cucumber & Yoghurt Dip  Full Fat Yogurt  Babies as above	Fish Fingers & Homemade Thick Chips with Skins On  Baked Beans  Full Fat Yogurt  Babies as above	Our Specialty Homemade Quorn & Vegetable Bolognese Sauce with Spaghetti and Grated Cheddar Cheese  Baby Tomatoes & Cucumber  Full Fat Yogurt  Babies as above	Homemade Salmon Fish Cakes or Homemade Cheddar & Mozzarella Balls with Giant Couscous & Quinoa in a Tomato Sauce  Broccoli & Petite Pois  Full Fat Yogurt  Babies as above	Linguini with Stir Fry Vegetables & Chickpeas & Lentils with or without Quorn Strips  Cucumber & Sweet Peppers  Full Fat Yogurt  Babies as above
<b>Snacks @ 10am &amp; 2.15pm</b> <b>Drinks water / milk</b>	Assorted fruit and vegetable slices / fruit bread / cream cheese on toast / rice cake / roasted vegetables / pitta & cream cheese / homemade hummus dips	Assorted fruit and vegetable slices / fruit bread / cream cheese on toast / rice cake / roasted vegetables / pitta & cream cheese / homemade hummus dips	Assorted fruit and vegetable slices / fruit bread / cream cheese on toast / rice cake / roasted vegetables / pitta & cream cheese / homemade hummus dips	Assorted fruit and vegetable slices / fruit bread / cream cheese on toast / rice cake / roasted vegetables / pitta & cream cheese / homemade hummus dips	Assorted fruit and vegetable slices / fruit bread / cream cheese on toast / rice cake / roasted vegetables / pitta & cream cheese / homemade hummus dips

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Please note menus can sometimes vary. Alternative food is provided for children with intolerance / allergies / religious requirements.