

Menu W3

 Menu W3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Drinks water / milk	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
Lunch Drinks - water	Homemade Aubergine & Tomato Vegetable Sauce with Quinoa & Bow Pasta with Grated Cheddar Cheese Cucumber Slices Fruit Salad & Fruit Bread Babies as above	Homemade Tuna Fish Cakes with Thick Cut Chips Baked Beans Mixed Berries Babies as above	Homemade Butternut Squash, Parsnip, Leek and Sweet Potato Soup with Butter Beans Garlic Wholemeal Bread Apple & Rhubarb Oat Crumble with Single Cream Babies as above	Penne Pasta with a Creamy Spinach & Cream Cheese Sauce with Grated Cheddar Cheese Spinach Salad with Cucumber & Baby Tomatoes Homemade Banana Bread Babies as above	Homemade Thick Vegetable Soup with Chickpeas Cream Cheese on Toast with Cucumber Mixed Fruits & Fruit Bread Babies as above
Dinner Drinks - water	Quorn Meatballs in a Vegetable and Tomato Sauce with Couscous with Grated Cheddar Cheese Petite Pois & Buttered Carrots Full Fat Yogurt Babies as above	Homemade Vegetarian Pizza with, Onions, Spinach, Mushrooms, Tomatoes, Sweet Peppers, Sweet Corn & Cheddar Cheese Full Fat Yogurt Babies Homemade Soup with Chickpeas	Chickpea & Mixed Vegetable Curry with Potatoes in a Mild Coconut Curry Sauce with Basmati Rice & Lentils with Tzatziki Yogurt Full Fat Yogurt Babies as above	Spanish Cod Paella with Quinoa and Mixed Vegetables Green Beans & Broccoli Full Fat Yogurt Babies as above	Our Specialty Homemade Quorn Spaghetti Bolognese with a Plethora of Hidden Vegetables Petite Pois & Sweet Corn Full Fat Yogurt Babies as above
Snacks @ 10am & 2.15pm Drinks water / milk	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.