

Menu W1

 Menu W1	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	Large Couscous with a Variety of Mixed Vegetable Casserole with Chickpeas & Lentils Cucumber & Sweet Corn Banana & Custard Babies as above	Homemade Root Vegetable Soup with Butter Beans Melted Cheese on Toast Homemade Carrot Cake Babies as above	Homemade Vegetable Greek Moussaka with Potatoes, Aubergine & Mixed Vegetables with Lentils & Chickpeas Cucumber & Baby Tomatoes Semolina Pudding with Blueberries Babies as above	Spanish Omelette with Cheese, Onions, Peppers and Potatoes Baked Beans Apple & Pear Crumble with Single Cream Babies as above	Fish Fingers with Waffle Potatoes Peas & Broccoli Fruit Bread & Fruit Salad Babies as above
Dinner Drinks - water	Homemade Macaroni Cheese with Béchamel Sauce & Cheddar Cheese Baby Tomatoes Full Fat Yogurt Babies as above	Quorn Mince Chili Con Carne with Red Kidney & Butter Beans Basmati Rice & Quinoa Cucumber & Greek Yoghurt Full Fat Yogurt Babies as above	Homemade Tuna Fish Cakes with Orzo Pasta and Tomato & Vegetable Sauce Peas & Green Beans Full Fat Yogurt Babies as above	Spaghetti with a Homemade Tomato, Aubergine & Vegetable Sauce & Grated Cheese with Herb & Butter Garlic Bread Full Fat Yogurt Babies as above	Quorn Sausages with Basmati Rice & Quinoa with a Tomato Side Relish Pan Fried Spinach and Buttered Carrots 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.