

Menu 1

Gooseberry Green Autumn / Winter Menu

C.P (Child Preparation) The children will be preparing their own snack and lunch on some sessions. This will be on a rota basis so all of the children are included. On some sessions we will be using fruit and vegetables grown in our garden.

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Ricecakes & satsuma Milk or Water	Toast & banana Milk or Water	Crackers, spread & apple Milk or Water	C.P. Crumpets, spread & sliced grapes Milk or Water	Toasted muffins & Pineapple Milk or Water
Lunch	Pasta Shapes with Ham, Peas, Cheese & Crunchy Garlic Bread or selection of sandwiches	Baguettes with Cold Meat selection or Cheese, Carrot & Cucumber Sticks	Spaghetti Bolognese with garlic bread or cheese or ham and tomato sandwiches	Cod fingers with Sweet Potato Fries or Wraps with ham or cheese and pepper sticks	Cottage pie with mixed veg or baguettes with cheese, ham and cucumber sticks
Dessert	Pear	Raisins	Satsuma	Banana	Raisins
Drinks	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Bees					
Bears					
	30	9	31	29	27
Snack	Oatcakes & peaches Milk or Water		Breadsticks & banana	Toasted muffins & raisins Milk or Water	Toast & spread & melon Milk or Water
All menu's are adapted from the Government recommendations for menu's for 1 to 4 years					
Notes		Soya, dairy, kiwi or nuts apricots, peas, green beans oats, coconut, mango, kiwi, peaches, apricots, pears.	Dairy, green beans, peas fructose, apricots, oats, coconut, mango, kiwi, peaches, pears	Dairy, green beans, peas egg, nuts, fructose, coconut, mango, kiwi, peaches, pears	Dairy, egg, nuts