

Menu 2

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	Cracker, spread & raisins Milk & Water	C.P. Breadsticks apple slices Milk & Water. C.P	Toasted muffins & satsuma Milk & Water	Toast, spread & apple Milk & Water	Rice cakes & peaches Milk & Water
Lunch	Potato waffles & Fishfingers or baguettes with a selection of fillings and Cucumber & Carrot sticks	Jacket Potato or Toasted Muffins with Ham or Cheese & Tomato	Meatballs with spaghetti or wraps with cheese or ham and tomato	Jacket Potato with cheese or beans or baguettes with a selection of fillings and pepper sticks	Macaroni Cheese with Garlic Crunchy Bread or selection of sandwiches with carrot and cucumber sticks
Dessert	Apple slices	Apricots	Raisins	Banana	Satsuma
Drinks	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Bees					
Bears					
	30	9	31	29	27
Snack	Toast & banana Milk & Water		Crackers, spread & satsuma Milk & Water	Crumpets, spread & banana Milk & Water	C.P. Oatcakes & mixed fruit Milk & 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	Dairy, egg, nuts
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