

Menu 3

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	Crumpets, spread & apple Milk or Water	C.P. Crackers & spread & satsuma Milk or Water	Crumpets, spread & banana Milk or Water	Crackers, spread & banana Milk or Water	Oatcakes & melon Milk or Water
Lunch	Macaroni Cheese or Chicken Wraps with Cucumber, Tomato & Salsa	Selection of sandwiches or jacket potato with baked beans	Jacket potato or baguette with cheese, ham and tomato	Meatballs with spaghetti and pasata or cheese or ham and tomato sandwiches	Cottage Pie & Green Beans or Wraps with ham or cheese and pepper sticks
Dessert	Apple slices	Apricots	Banana	Melon	Apple
Drinks	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Bees					
Bears					
	26	10	31	24	26
Snack	Fruit loaf & cucumber sticks Milk or Water		Toasted muffins & apple Milk or Water	Breadsticks & apple Milk or Water	Ricecakes & satsuma 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	Dairy, green beans, peas fructose, apricots, oats,	Dairy, green beans, peas egg, nuts, fructose, coconut,	Dairy, egg, nuts

		oats, coconut, mango, kiwi, peaches,apricots, pears.	coconut, mango, kiwi, peaches, pears	mango, kiwi, peaches, pears	