

**MENU Week 4**

**Winter 2020/21**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	* Whole Wheat Bagel with cream cheese * Seasonal Fruit * Water	* Whole Grain Cereal Mix * Seasonal Fruit * Water	* Toasted English Muffins with homemade cinnamon butter * Seasonal Fruit * Water	* Blueberry Waffles * Seasonal Fruit * Water	* Homemade Granola Bars * Seasonal Fruit * Water
<b>LUNCH</b>	* Baked Spaghetti (with beef and lentil sauce) * Caesar salad (preschoolers) <i>Infants &amp; Toddlers:</i> <i>Cooked peas and carrots</i> * Milk * Seasonal Fruit	* Chicken Chilli (with sweet potato, green peppers and kidney beans) * Brown Rice * Milk * Seasonal Fruit	* Chicken Noodle Soup (with whole wheat noodles, carrots and peas) * Whole grain soup crackers * Assorted bell peppers * Milk * Seasonal Fruit	* Baked Sole fillets (unbreaded) * Mashed sweet and white potato * WW Bread * Cooked peas with dill * Milk * Seasonal Fruit	* Mexican Pasta Bake (with beef, black beans and corn) * Roasted Broccoli and Carrots * Milk * Seasonal Fruit
<b>PM SNACK</b>	* Whole Grain Crackers * Seasonal Fruit * Milk	* WW Cheddar Biscuits * Seasonal Fruit * Milk	* Black Bean Dip * WW Pita * Seasonal Fruit * Milk	* Brown rice cakes with No Nut Butter * Seasonal Fruit * Milk	* Yogurt Cones * Seasonal fruit * Water
<b>Condiments</b> Max 1 tbsp per child	AM – Lunch- PM-	AM – Lunch- PM –	AM – Lunch- PM-	AM – Lunch- PM	AM – Lunch- PM



Date:

*17/12/20*

Reviewed By:

*RLD*