

**SLINGTON EARLY YEARS MENU**  
**WEEK ONE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**


**BREAKFAST**

Cornflakes, Rice Krispies, Weetabix, Porridge with Milk (V) or Soya Milk (VE)   
Wholemeal Toast (VE)   
Fresh Fruit 



Cornflakes, Rice Krispies, Weetabix, Berry Porridge made with Milk (V) or Soya Milk (VE)   
Wholemeal Toast (VE)   
Fresh Fruit 



Cornflakes, Rice Krispies, Weetabix, Porridge made with Milk (V) or Soya Milk (VE)   
Wholemeal Toast (VE)   
Fresh Fruit 



Cornflakes, Rice Krispies, Weetabix, Peach and Berry Porridge made with Milk (V) or Soya Milk (VE)   
Wholemeal Toast (VE)   
Fresh Fruit 



Cornflakes, Rice Krispies, Weetabix, Banana and Cocoa Porridge made with Milk (V) or Soya Milk (VE)   
Pancakes   
Wholemeal Toast (VE)   
Fresh Fruit



**MORNING SNACK**

Fresh Fruit  

Fresh Fruit  

Fresh Fruit  





Fresh Fruit  

Fresh Fruit  

**LUNCH**


Classic Soya Mince Spaghetti Bolognese (VE) with Wholemeal Pasta (VE)   
Hearty Beef & Lentil Bolognese with Wholemeal Pasta   
Broccoli (VE), Sweetcorn (VE) & Mixed Leaf Salad (VE)   
Natural Yoghurt (V) with Strawberries (VE) 

Vegetable Frittata Muffins (V) with Steamed Baby New Potatoes (VE)  
Salmon Fishcake with Steamed Baby New Potatoes  
Spring Greens (VE), Cauliflower (VE) & Carrot Sticks (VE) 

Vegetable Wellington (VE), Roast Potatoes & Gravy (VE)   
Roast Chicken, Roast Potatoes & Gravy   
Green Beans (VE), Red Cabbage (VE) & Grated Carrot & Raisin Salad (VE)   
Strawberry & Peach Jelly (VE) 

Butternut Squash & Lentil Lasagne (V)   
Beef & Lentil Lasagne   
Carrot & Courgette Medley (VE) & Broccoli Floret Salad (VE)   
Pear Cobbler (VE) with Custard (V) 

Fishless Fingers (VE) & Chips   
Battered Fish & Chips (steamed fish for babies)  
Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa (VE)   
Natural Yoghurt (V) & Banana Fingers (VE) 

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE) 

**AFTERNOON SNACK**

Cheese, Vegan Cheese & Crackers


Cheese, Vegan Cheese & Crackers


Cheese, Vegan Cheese & Crackers



Cheese, Vegan Cheese & Crackers



Cheese, Vegan Cheese & Crackers


**TEA**

Wholemeal Cheese and Tomato Pizza (V) with Sweet Potato Salad (VE)  
~  
Seasonal Apples Wedges (VE) 







Pear (VE) & Cheese Slices (V)  
~  
Caribbean Squash & Butterbean Curry (VE) 

Wholemeal Tuna Pasta Bake or Wholemeal Lentil Pasta Bake (VE) With Broccoli (VE)   
~  
Natural Yoghurt (V) with Orange Wedges 

Chickpea Cous Cous (VE) With Courgettes (VE)   
Orange Slices 

Baked Beans (VE) on 50% Wholemeal Toast (VE) with Mushrooms (VE)  
~  
Melon (VE) & Natural Yoghurt (V) 

**MENU KEY**

-  Added Plant Protein
-  Local Red Tractor Meat
-  Low Carbon Planet Friendly
-  Wholemeal
-  Contains Flaxseed (High in Omega-3)
-  Local, Seasonal Fruit & Veg
- (V) Vegetarian
- (VE) Vegan

**Available Daily:**

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

**ALLERGY INFORMATION:**  
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



**SLINGTON EARLY YEARS MENU**  
**WEEK TWO**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Cornflakes, Rice Krispies, Weetabix, Peach and Berry Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (VE)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (VE)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (VE)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Berry Porridge made with Milk (V) or Soya Milk (VE)

Wholemeal Toast (VE)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Porridge with Milk (V) or Soya Milk (VE)

Pancakes  
Wholemeal Toast (VE)  
Fresh Fruit

**MORNING SNACK**

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

**LUNCH**

Five Bean Chilli (VE) Loaded Jacket Potato (VE)

Steamed Carrots & Peas (VE) & Pepper Sticks (VE)

Natural Yoghurt (V) Fruits of the Forest (VE)

Cheese, Vegan Cheese & Crackers

Tomato, Lentil & Basil Pasta (VE) with Carrot Sticks (VE)

Orange Slices (VE)

Roasted Cauliflower Curry (VE) With Rice (VE)

Chicken Tikka Masala with Rice

Green Beans (VE), Sweetcorn (VE) & Cherry Tomato Quarters (VE)

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)

Cheese, Vegan Cheese & Crackers

Wholemeal Cheese and Tomato Pizza (V) with Sweet Potato Salad (VE)

Seasonal Apples Wedges (VE)

Parsnip & Sweet Potato Loaf (V) with Skin on Roast Potatoes or New Potatoes (VE) & Gravy (VE)

Roast Chicken, Skin on Roast Potatoes or New Potatoes & Gravy

Roasted Cabbage (VE), Cauliflower (VE) & Rainbow Slaw (VE)

Bananas (VE) & Custard (V)

Cheese, Vegan Cheese & Crackers

Crudites (VE) with Butterbean Dip (VE)

Pea, Spinach and Tomato Frittatas (V) with Herby Couscous (VE) and Sweetcorn (VE)

Creamy Butterbean Macaroni Cheese (V) with Garlic & Herb Bread (VE)

Creamy Salmon and Spinach Pasta Bake with Garlic & Herb Bread

Broccoli (VE) Cauliflower (VE) & Beetroot Salad (VE)

Apple & Blackberry Crumble (VE) with Ice Cream (V)

Cheese, Vegan Cheese & Crackers

Jacket Potato (VE) with Baked Beans (VE) or Tuna & Sweetcorn with Cucumber & Beetroot Salad (VE)

Berries (VE) with Natural Yoghurt (V)

Fishless Fingers (VE) & Chips

Battered Fish & Chips (steamed fish for babies)

Baked Beans (VE), Peas (VE) & Cucumber Salad (VE)

Natural Yoghurt (V) & Fresh Fruit Salad (VE)

Cheese, Vegan Cheese & Crackers

Herby Chicken and Bean Wrap with Courgettes (VE) or Beany Salsa Wrap (VE) with Courgettes (VE)

Fruit & Veg: Melon (VE) & Carrot Sticks (VE)

**MENU KEY**

- Added Plant Protein
- Local Red Tractor Meat
- Low Carbon Planet Friendly
- Wholemeal
- Contains Flaxseed (High in Omega-3)
- Local, Seasonal Fruit & Veg
- (V) Vegetarian
- (VE) Vegan

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**Available Daily:**

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water



**ISLINGTON EARLY YEARS MENU**  
**WEEK THREE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Cornflakes, Rice Krispies, Weetabix, Banana Porridge made with Milk (V) or Soya Milk (VE)  
Wholemeal Toast (V)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Porridge made with Milk (V) or Soya Milk (VE)  
Wholemeal Toast (V)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE)  
Wholemeal Toast (V)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Porridge with Milk (V) or Soya Milk (VE)  
Wholemeal Toast (V)  
Fresh Fruit

Cornflakes, Rice Krispies, Weetabix, Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE)  
Pancake (V)  
Wholemeal Toast (V)  
Fresh Fruit

**MORNING SNACK**

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit

**LUNCH**

Chefs Special Moroccan Vegetable & Chickpea Couscous (VE)  
Sweetcorn (VE) Carrots (VE) & Fresh Broccoli Salad (VE)  
Eves Pudding (V) with Custard (V)

Cheese & Tomato Pizza (V)  
BBQ Chicken Pizza  
Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V)  
Natural Yoghurt (V) with Strawberries (VE) and Blackberries (VE)

Vegetable Wellington (VE), Roast Potatoes & Gravy (VE)  
Roast Chicken, Roast Potatoes & Gravy  
Roasted Cauliflower (VE) Beetroot & Orange Salad (VE) & Mixed Leaf Salad (VE)

Soya Mince Cottage Pie (VE) with Gravy (VE)  
Cottage Pie with Gravy  
Roasted Carrots (VE), Tomatoes (VE) Swede (VE)  
Apple & Blackberry Crumble with Custard (V)

Fishless Fingers (VE) & Chips  
Traditional Fish Fingers with Chips  
Steamed Peas (VE) Baked Beans (VE), Sweet Potato & Coriander Salad (VE)  
Natural Yoghurt (V) and Fresh Fruit Salad (VE)

**AFTERNOON SNACK**

Cheese, Vegan Cheese & Crackers

A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)  
Cheese, Vegan Cheese & Crackers

Cheese, Vegan Cheese & Crackers

Cheese, Vegan Cheese & Crackers

Cheese, Vegan Cheese & Crackers

**TEA**

Red Pepper and Cheese Frittata (V) with Parsley Potatoes (VE) and Broccoli (VE)  
Seasonal Apples Wedges (VE)

Wholemeal Tomato & Lentil Pasta (VE) with Peas (VE)  
Orange Wedges (VE) & Natural Yoghurt (V)

Mildly Spiced Caribbean Squash & Butternut Curry with Sweet Potato Wedges  
Melon Boats (VE)

Wholemeal Cheese and Tomato Pizza (V) with Sweet Potato Salad (VE)  
Natural Yoghurt (V) & Banana (VE)

Jacket Potato (VE) with Baked Beans (VE) or Tuna and Sweetcorn with Cucumber and Beetroot Salad (VE)  
Apple Slices (VE) with Natural Yoghurt (V)

**MENU KEY**

- Added Plant Protein
- Local Red Tractor Meat
- Low Carbon Planet Friendly
- Wholemeal
- Contains Flaxseed (High in Omega-3)
- Local, Seasonal Fruit & Veg
- (V) Vegetarian
- (VE) Vegan

**Available Daily:**

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- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

**CNSD2** Boiled Egg  
**CNBF5** Wholemeal Toast  
**CNSD48** Roasted Tomatoes

**CNBF12** Summer Berry & Flaxseed Porridge made with Milk or **CNBF15** Soya Milk  
**CNBF8** Pancake

**CNSD1** Apple Wedges

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

**CNV23** Red Pepper Frittata  
**CNSD54** Toasted English Muffin and **CNSD84** Mushrooms

**CNBF16** Peach and Berry Porridge made with Milk or **CNBF17** Soya Milk

**CNBF7** Crumpets with **CNSD96** Spread and **CND25** Pineapple Pieces

**CNBF11** Banana and Cocoa Porridge made with Milk or **CNBF14** Soya Milk

**CNSD55** White Bagel Berries and Watermelon

MORNING  
SNACK

**CNSD7** Melba Toast with **CNSD96** Spread

**CNSD49** Melon Fingers

**CNSD99** Oatcakes and **CNSD41** Cucumber Sticks

**CNSD6** Banana Fingers

**CNSD8** Wholemeal Bread Fingers with **CNSD3** Houmous

LUNCH

**CNV86** Classic Soya Mince Bolognese with **CNSD25** Wholemeal Pasta

**CNB14** Hearty Beef & Lentil Bolognese with **CNSD25** Wholemeal Pasta

**CNSD21** Broccoli & **CNSD14** Sweetcorn  
**CNSD78** Mixed Leaf Salad

**CNSD41** **CNSD44** **CSD45** Vegetable Sticks with **PRIGR3** Yoghurt & Mint Dip

**CNV102** Vegetable Frittata Muffins with **CNSD31** New Potatoes

**CNF12** Salmon Fishcake with **CNSD31** New Potatoes

**CNSD29** Peas & **CNSD28** Baked Beans & **CNSD77** Sweetcorn Salsa

**CNV126** Mildly Spiced Mixed Bean Jollof Rice

**CNC5** Chicken Jollof Rice

**CNSD12** Green Beans  
**CNSD65** Red Cabbage **PRISB7** Grated Carrot & Raisin Salad

**CNV130** Butternut Squash & Lentil Lasagne with flaxseeds

**CNB20** Beef & Lentil Lasagne with flaxseeds

**CNSD90** Carrot & Courgette Medley & **CNSD97** Broccoli Salad

**CNV71** Chef's Special Aubergine & Potato Curry with **CNSD102** Homemade Flatbread

**CNSD86** Spring Greens  
**CNSD20** Cauliflower  
**CNSD44** Carrot Sticks

AFTERNOON  
SNACK

**CND82** Natural Yoghurt with **CNSD104** Strawberries

Crudites **CNSD44** **CNSD41** with Yoghurt and Cucumber Dip **CNSD10**

Pitta Bread **CNSD4** and Butterbean Dip **CNSD74**

**CND81** Strawberry Jelly with Peaches

Apple Slices **CNSD1**

**CND79** Pear Cobbler With **CND3** Custard

English Muffin **CNSD54** with Yoghurt & Cucumber Dip **CNSD10**

**CND82** Natural Yoghurt & **CND6** Banana Fingers

**CNSD45** Pepper and **CNSD44** Carrot Crudites

TEA

**CNSD3** Houmous & **CNSD41** **CNSD44** Crudites

**CNSD24** Cheese on **CNBF5** Toast with **CNSD81** Carrot and Beetroot Slaw

**CND24** Pear & **CNSD24** Cheese Slices

**CNV109** Caribbean Squash & Butterbean Curry with **CNSD56** Rice

**CNF18** Wholemeal Tuna Pasta Bake or **CNV48** Wholemeal Lentil Pasta Bake With **CNSD21** Broccoli

**CND18** Yoghurt with Orange Wedges

**CNSD28** Baked Beans on **CNBF5** 50% Wholemeal Toast with **CNSD84** Garlic Mushrooms

**CNSD49** Melon & **CND82** Natural Yoghurt

Afternoon Tea Picnic  
**CNSD46** Rolls: **CNV44** Egg Mayonnaise, **CNV43** Cream Cheese and Cucumber or **CNV42** Five bean and Salsa

**CNSD82** Tomato Quarters

MENU KEY

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Monday

Tuesday

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Thursday

Friday

BREAKFAST

**CNBF16** Peach and Berry Porridge made with Milk or **CNBF17** Soya Milk

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

**CNBF10** Apple and Cinnamon Porridge made with Milk or **CNBF13** Soya Milk

**CNBF12** Summer Berry & Flaxseed Porridge made with Milk or **CNBF15** Soya Milk

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

Wholemeal Toast **CNBF5** **CNSD57** Oranges

**CNSD2** Boiled Egg, **CNSD54** English Muffin and **CNSD48** Roasted Tomatoes

**CNBF7** Crumpets with **CNSD96** Spread **CNSD6** Banana Fingers

**CNSD55** Toasted White Bagel **CND24** Pear Slices

**CNV124** Homemade Five Beans in Tomato Sauce **CNSD54** Toasted English Muffin & **CNSD84** Mushrooms

MORNING SNACK

**CNSD4** Pitta Sticks and **CNSD96** Spread

**CNSD24** Pears

**CNSD7** Melba Toast **CNSD3** Houmous

**CNSD 41** **CNSD44** Carrot and Cucumber Sticks

English Muffin **CNSD54** with Yoghurt & Cucumber Dip **CNSD10**

LUNCH

**CNV94** Five Bean Chilli Loaded **CNSD30** Jacket Potato

**CNV7** Roasted Cauliflower Curry with **CNSD56** Rice

**CNV129** Creamy Butterbean Macaroni Cheese with flaxseeds with **CNSD22** Garlic & Herb Bread

**CNV24** Parsnip & Sweet Potato Loaf with **CNSD18** Skin on Roast Potatoes or **CNSD31** New Potatoes & **CNSD68** Gravy

**CNV120** BBQ Quorn Pieces with **CNSD101** Herby Potatoes

**CNSD44** Carrots **CNSD29** Peas **CNSD45** Pepper Sticks

**CNC40** Chicken Tikka Masala with flaxseeds with **CNSD56** Rice

**CNF17** Creamy Salmon and Spinach Pasta Bake with **CNSD22** Garlic & Herb Bread

**CNB6** Roast Beef, **CNSD18** Skin on Roast Potatoes or **CNSD31** New Potatoes & **CNSD68** Gravy

**CNC3** Chicken & Bean Stew with **CNSD101** Herby Potatoes

**CND35** Berry Yoghurt

**CNSD12** Green Beans **CNSD14** Sweetcorn **CNSD82** Cherry Tomato Quarters

**CNSD21** Broccoli **CNSD44** Carrots **CNSD98** Beetroot & Cucumber Salad

**CNSD34** Cabbage **CNSD20** Cauliflower **CNSD43** Rainbow Slaw

**CNSD28** Baked Beans **CNSD29** Peas **CNSD41** Cucumber Salad

**CNSD6** Bananas & **CND3** Custard

**CND50** Apple & Blackberry Crumble with **CND3** Custard

Fruit & **CND18** Yoghurt

AFTERNOON SNACK

**CNSD41** **CNSD44** Crudités with **CNSD10** Yoghurt and Cucumber Dip

**CNSD8** Wholemeal Bread Fingers with **CNSD96** Spread

**CNSD1** Apple Slices

**CNSD99** Oat Cakes with **CNSD5** Soft Cheese

**CNSD6** Banana Fingers

**CNC37** Herby Chicken and Bean Wrap with **CNSD66** Courgettes or

**CNV83** Wholemeal Cheese and Tomato Pizza with **CNSD94** Sweet Potato Wedges

**CNSD41** **CNSD44** Crudites with **CNSD74** Butterbean Dip

**CNV48** Tomato, Lentil & Basil Pasta with **CNSD44** Carrot Sticks

Afternoon Tea Picnic **CNSD46** Rolls: **CNV44** Egg Mayonnaise, **CNV46** cheese and tomato or **CNV51** hummus & carrot

**CNV42** **CNSD52** Beany Salsa Wrap with **CNSD66** Courgettes

**CNSD1** Seasonal Apples Wedges

**CNV102** Pea, Spinach and Tomato Frittatas with **CNSD69** Herby Couscous and **CNSD14** Sweetcorn

**CNSD35** Berry Yoghurt

Fruit & Veg: **CNSD49** Melon & **CNSD44** Carrot Sticks

Fresh Fruit & **CNSD18** Yoghurt

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BREAKFAST

**CNBF18** Banana & Flaxseed Porridge made with Milk or **CNBF19** Soya Milk

**CNFB5** Wholemeal Toast  
**CNSD1** Apple Wedges

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

**CNSD2** Boiled Egg **CNSD55** White Bagel and **CNSD48** Roasted Tomatoes

**CNBF10** Apple and Cinnamon Porridge made with Milk or **CNBF13** Soya Milk

**CNSD54** English Muffin  
**CNSD96** with Spread  
**CNSD57** Oranges Wedges

**CNBF3** Weetabix with Milk or **CNBF9** Soya Milk

**CNBF6** Scrambled Eggs with **CNV124** Homemade Five Beans, **CNSD52** Tortilla Wrap and **CNSD84** Mushrooms

**CNBF12** Summer Berry & Flaxseed Porridge made with Milk or **CNBF15** Soya Milk

**CNBF8** Pancake **CNSD6** Banana Slices

MORNING SNACK

**CNSD99** Oat Cakes with **CNSD3** Houmous

**CNSD6** Banana Fingers

**CNSD4** Pitta Sticks and **CNSD5** Soft Cheese

**CNSD1** Apple Slices

**CNSD7** Melba Toast with **CNSD74** Butterbean Dip

LUNCH

**CNV83** Cheese & Tomato Pizza

**CNC16** BBQ Chicken Pizza

**CNSD44** Carrots  
**CNSD14** Sweetcorn **CNSD97** Broccoli Salad

**CND16** Eves Pudding with **CND3** Custard

**CNV96** Beetroot & Lentil Burger with **CNSD94** Sweet Potato Wedges

**CNB7** Beef Burger with **CNSD94** Sweet Potato Wedges

**CNSD12** Green Beans  
**CNSD65** Red Cabbage **CNSD13** Coleslaw

**CND35** Natural Yoghurt with Strawberries and Blackberries

**CNSD41** **CNSD44** Vegetable Sticks with **PRIGR3** Yoghurt and Mint Dip

**CNV95** Soya Mince Cottage Pie with **CNSD68** Gravy

**CNB18** Cottage Pie with **CNSD68** Gravy

**CNSD44** Carrots  
**CNSD48** Tomatoes **CNSD67** Swede

**CNV131** Chefs Special Moroccan Vegetable & Chickpea Couscous with flaxseeds

**CNSD20** Cauliflower  
**CNSD92** Beetroot & Orange Salad & **CNSD78** Mixed Leaf Salad

**CND50** Apple & Blackberry Crumble with **CND3** Custard

**CNV101** Broccoli Swirls with **CNSD39** Mashed Potatoes

**CNF1** Traditional Fish Fingers with **CNSD39** Mashed Potatoes

**CNSD29** Steamed Peas, **CNSD28** Baked Beans, **PRISB8** Sweet Potato & Coriander Salad

**CND18** Yoghurt and **CND26** Fresh Fruit Salad

AFTERNOON SNACK

**CNSD41** **CNSD44** Crudités with **CNSD10** Yoghurt and Cucumber Dip

**CNSD30** Jacket Potato with **CNSD28** Baked Beans or

**CNF3** Tuna and Sweetcorn with **CNSD98** Cucumber and Beetroot Salad

**CNSD1** Apple Slices & **CND18** Yoghurt

**CNSD8** Wholemeal Bread Fingers with **CNSD96** Sunflower Spread

**CNV48** Wholemeal Tomato & Lentil Pasta with **CNSD29** Peas

Orange Wedges & **CND18** Yoghurt

**CNSD1** Apple Quarters

**CNSD49** Melon Boats

**CNV23** Red Pepper and Cheese Frittata with **CNSD101** Parsley Potatoes and **CNSD21** Broccoli

**CNSD54** English Muffin with **CNSD10** Yoghurt & Cucumber Dip

**CNC27** Chicken & Bean or **CNV119** Vegetable & Bean Fajitas with **CNSD56** Rice

**CND82** Natural Yoghurt & **CNSD6** Banana

Crudités – Carrot and Cucumber Sticks **CNSD41** **CNSD44**

Afternoon Tea Picnic **CNSD46** Rolls: **CNV44** Egg Mayonnaise, **CNV46** cheese and tomato or **CNV51** hummus & carrot

**CND21** Peach Slices & **CNSD41** Cucumber Sticks

TEA

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