

## Sample Menu

Monday 5<sup>th</sup> December 2008

## Ann's Menu

	Breakfast - 7.45 - 8.15am	Morning Snack - 10am	Lunch - 11.30am	Afternoon Snack - 3pm
Monday	Porridge	Toast and Banana	Chicken Curry with Boiled Rice / Vegetable Curry with Boiled Rice ***** Fresh Fruit Salad with Cream	Fruit Scone
Tuesday	Breakfast Cereal	Melon Slices	Fish, Chips and Peas / Vegetable Pie, Chips and Peas ***** Fruit and Custard	Fresh Fruit Kebabs
Wednesday	Toast	Fruit Sticks with Natural Yoghurt Dip	Spaghetti Bolognaise / Tomato and Basil Spaghetti, with Garlic Bread ***** Jelly & Ice Cream / Ice Cream	Cheese & Cucumber or Ham & Tomato Sandwich
Thursday	Fruit Yoghurt	Apple and Grapes	Toast and Beans ***** Ice Cream	Carrot and Cucumber Sticks with Dip
Friday	Porridge	Orange and Banana	Haggis, Neeps and Tatties / Cheese and Potato Pie with Neeps ***** Fresh Fruit Salad	Fruit Loaf

All snacks and lunch are home made using high quality fresh ingredients and served with choice of Water or Milk!

- \* Please note Breakfast can only be served up to 8.15am!
- \*\* **Religious and Dietary Requirements** - Lunches which must be avoided by some children with either Religious or Dietary requirements are marked in **RED**, and a suitable option must be provided. Options marked **GREEN** are vegetarian options. Options marked **PURPLE** are dietary options.
- \*\* We welcome menu ideas from parents - recipes / suggestions can be handed into the Office!