

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shreddies with milk Fruit Toast + Spread Milk or Water	Cornflakes with milk Banana Milk or Water	Weetabix with milk and blueberries Crumpet and Spread Milk, Water or apple juice	Rice Crispies with milk Satsumas Bagel and spread Milk, water or apple juice	Porridge with raspberries or banana White toast and spread Milk, water or apple juice
Morning Snack	Wrap triangles and mixed berries. Milk or water	Crumpet and strawberries. Milk and water	Breadsticks and Fruit Milk or water	Plain brioche and grapes. Milk or water	Toast and Banana. Milk or water
Lunch	Beans and crumpet Plain yoghurt with fruit Milk or water	Pizza pin wheel or sausage roll or savory courgette muffin/cheddats, pepper and grapes Plain yoghurt with fruit Milk or water	Filled wrap or Crackers with cucumber, pepper, tomatoes Plain yoghurt with fruit Milk or water	Scrambled egg on toast. Plain yoghurt with fruit Milk or water	Cheese and ham croissant, cheddars, cucumber, grapes. Plain yoghurt with fruit Milk or water
Afternoon Snack	Plain Rice cake and fruit Milk or water	Apple and cheese Milk or water	Toast and fruit	Breadsticks and blueberries Milk or water	Wrap triangle and fruit Milk and water
Tea	Week 1 - Roast Week 2 - Make your own Pizza Milk or water	Week 1 - Fish Wrap and veg sticks Week 2 - Pasta Bake Milk or water	Week 1 - Sausage and Mash Week 2 - Curry Milk or water	Week 1 - Pasta Bolognese Week 2 - Burgers and Wedges Milk or water	Week 1 - Pasty Week 2 - Cottage Pie Milk or water

All puddings will be either: - Natural Yoghurt, Rice Pudding, Custard (all with fruit) , Homemade fruit based cake, Sugar free jelly or fruit salad.

After school snack will consist of a portion of fruit and bread based snack.

Please note all meals are cooked from scratch using farm fresh vegetables and meat from the local butchers. All tins including: beans, rice pudding, custard are always low in sugar, salt and fat.

We like to reiterate that we have as a setting completed Healthy Under 5s Programme through Healthy Cornwall.

Prices:

Early Years Children: Breakfast £1.00, Snack £0.50p, Lunch £1.50, Cooked Meal £2.00

School aged Children: Breakfast £1.50, Snack £1.00, Lunch £2.00, Cooked Meal £2.50