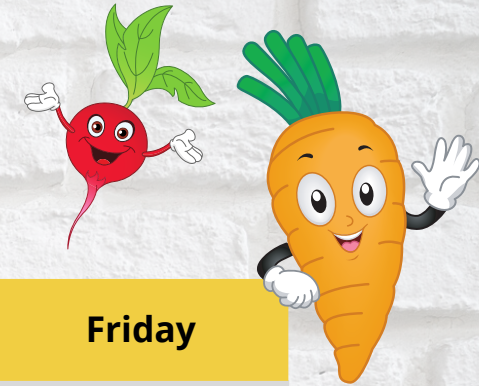


Our menu

Spring / Summer



| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|---|--|---|
| Breakfast | A selection of cereals and milk, with fresh fruit juice, milk or water to drink. | | | | |
| Morning snack | Spring rolls with vegetable sticks | Wholemeal toast with butter and sliced apples | Healthy rice crispy snacks and fruit | Crackers with cheese and grapes | Breadsticks with homemade beetroot houmous and vegetable sticks |
| Lunch | Burritos and mixed salad Ice cream | Jacket potatoes, cheese and beans Bananna fritters | chicken and mushroom rissoto with vegetables Yoghurt | Chicken supreme with couscous and peas Watermelon | Fish pie bites with country vegetables Flapjack |
| Afternoon snack | Broccoli bites | Houmous with vegetable sticks | Oranges and Bananas | Cottage cheese with melba toast and strawberries | Banana and oat cookies with seasonal fruit |
| Tea | Wholemeal cheese spread wraps with peppers Yoghurt | Macaroni cheese bites Yoghurts | Pizza loaded fries Yoghurt | Macaroni, pea and pesto pasta Yoghurt | Vegetable fingers with baked beans Yoghurt |

Our menu is carefully designed to be low added sugar, low salt, wholesome and delicious. We cater for dietary requirements, please speak to a member of staff. Occasionally meals may differ depending on availability of fresh produce and ingredients.

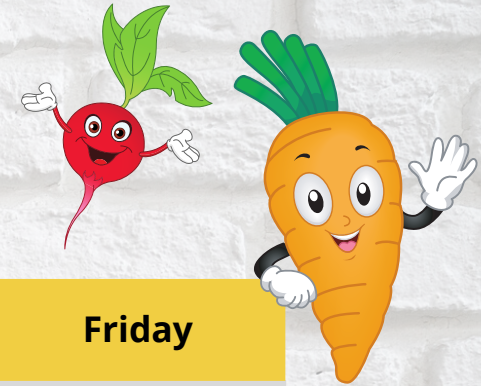


LITTLE ARK



Our menu

Spring / Summer



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|---|--|--|
| Breakfast | A selection of cereals and milk, with fresh fruit juice, milk or water to drink. | | | | |
| Morning snack | Blueberry muffins and seasonal fruit | Cottage cheese and strawberries | Toast and oranges | Vegetable sticks and Houmous | Cheese scones and seasonal fruit |
| Lunch | Fruity chicken curry, rice and peas Ice cream | Vegetable and chickpea roast Apple and Apricot crumble | Creamy salmon asparagus pasta Watermelon | Orzo primavera pasta salad Flapjack | Tuna pasta bake with country vegetables Fruit platter |
| Afternoon snack | Banana oat cookies with oranges | Seasonal fruit and vegetables | Cheese cubes and grapes | Fruit and vegetable kebabs | Seasonal fruit and vegetables |
| Tea | Wholemeal cheese spread sandwiches with peppers Yoghurt | Cheesy leeks on toast Yoghurt | Hash brown breakfast wrap Yoghurt | Melt in the middle fish cakes Yoghurt | Beans on toast Yoghurt |

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LITTLE ARK

