

KIDORAMA MENU*

<p><u>Breakfast</u> Toast Cereal Selection Ready Brek Weetabix Rice Crispies</p> <p><u>Drinks</u> Water Milk Diluted Pure Juices Orange Apple Cranberry No Sugar added Juices Orange Blackcurrant Hot Chocolate (on occasion)</p> <p><u>Fruits</u> Fresh: Apple, Orange, Clementine, Banana, Grapes, Strawberry, Raspberry, Kiwi, Melon, Pineapple, Tomato, Dried: Raisins, Prunes, Apricots</p>	<p><u>Morning Snack</u> Selection from (a) Drinks (b) Breads (c) Fruit or Vegetables</p> <p><u>Breads</u> <i>(with butter, jam, honey, cheese or Choc spreads)</i> Rice Cakes Craquottes Cream Crackers Pancakes Brown Scones Fruit Scones Fruit Loaf Croissants Brioche Bread Sticks Muffins Flapjacks Bagel</p> <p><u>Vegetables:</u> Potato, Sweet Potato, Carrot, Onion, Broccoli, Peppers, Mushrooms, Courgettes, Leeks, Celery, Sweetcorn, Cauliflower, Turnip, Peas, Parsnips, Curly Kale, Cabbage, Cucumber</p>	<p><u>Lunch</u></p> <p>Week 1 Mon Potato & Lentil Casserole Tue Spaghetti Bolognaise Wed Pasta Siciliana Thur Chicken & Vegetable Risotto Fri Homemade Chips, Fish Fingers, Beans</p> <p>Week 2 Mon Mild Quorn Curry with Rice Tue Roast Chicken, Mashed Potato & Carrots Wed Vegetable Lasagne Thur Beef Casserole Fri Salmon, Broccoli & Mashed Potato</p> <p>Week 3 Mon Vegetable Pasta Bake Tue Chilli con Carne & Rice Wed Turkey Stew Thur Chicken Casserole Fri Homemade Chips & Pizza</p> <p>Week 4 Mon Tuna & Pasta Bake Tue Mild Chicken Curry & Rice Wed Sweet & Sour Pork with Noodles & Veg Thur Shepherd's Pie Fri Fish Pie, Mashed Potatoes & Veg</p>	<p><u>Tea</u> Selection from: Fruit Smoothie Toasted Ham or Cheese Sandwiches/Bagel Fresh Soup & Bread Roll Custard & Banana Scrambled Egg, Beans & Toast Potato Farls & Spaghetti Hoops Banana or Jam Sandwiches Muffin with Chocolate spread Grilled Sausages with wholemeal bread Yogurt and fresh fruit Pasta with Cheese Topping French Toast Rice Pudding with Jam or Raisins Banana Muffins</p> <p><u>Special Occasion Treats</u> Popcorn Rice Crispie Buns Fairy Cakes Cadbury's Chocolate Buttons Natural Food Company Jellies Birthday Cake Ice Cream</p> <p><i>*Menu is entirely subject to individual child's tolerances i.e. Children on dairy or egg free diets will be accommodated with an alternate food option.</i></p>
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