

## First Friends Menu

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack</b> Fromage frais Apricots	<b>Snack</b> Crusty bread soft cheese cucumber	<b>Snack</b> Pancakes and apple	<b>Snack</b> Rice cake and mandarin	<b>Snack</b> Pitta bread, tuna, dip and carrots sticks
<b>Dinner</b> Tuna and sweetcorn pasta bake Mixed vegetables	<b>Dinner</b> Roast chicken Roast potatoes broccoli and cauliflower	<b>Dinner</b> Lamb moussaka Greek salad	<b>Dinner</b> Macaroni cheese carrots and peas	<b>Dinner</b> Chicken tikka Rice Naan bread Mixed vegetables
<b>Pudding</b> Lemon Sponge Custard	<b>Pudding</b> Fruit flan	<b>Pudding</b> Fruit cocktail	<b>Pudding</b> Fruit crumble Greek yogurt	<b>Pudding</b> Ice cream mini milks
<b>Snack</b> Popcorn Apple slices	<b>Snack</b> Fruit loaf	<b>Snack</b> Bagel and sliced pear	<b>Snack</b> Fresh fruit	<b>Snack</b> Fruit scone
<b>Tea</b> Mini sandwiches ham/cheese /paste Salad sticks	<b>Tea</b> Quiche and beans	<b>Tea</b> Crackers Ham and cheese salad	<b>Tea</b> Chicken and toast cucumber and peppers	<b>Tea</b> Pizza cherry tomatoes and coleslaw
<b>Pudding</b> Strawberry delight	<b>Pudding</b> Gingerbread	<b>Pudding</b> Fromage frais And banana	<b>Pudding</b> Oat biscuit	<b>Pudding</b> Fresh fruit

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Snack Crusty bread soft cheese and peeper sticks	Snack  Crackers humus and apple	Snack  Natural yoghurt and pear	Snack  Bread sticks and tuna	Snack  Toast and salad sticks
Dinner Omelette beans pitta fingers	Dinner Roast chicken Roast potatoes broccoli and cauliflower	Dinner Cheese and potato bake with sweetcorn	Dinner Cottage pie carrots and cauliflower	Dinner Fish cake sweet potato wedges and peas
Pudding Apple crumble and custard	Pudding Fruit and cream flan	Pudding Fruit jelly	Pudding Banana and custard	Pudding Very berry bake and custard
Snack Fromage frais and mandarin	Snack Fruit loaf	Snack Oat cake melon and orange	Snack Crusty bread soft cheese and grapes	Snack Fresh Fruit
Tea Toasted bagel meat selection and salad	Tea Mini sandwiches dips/ salad sticks	Tea Fish fingers spaghetti hoops Bread	Tea Cheese and ham pasta salad	Tea Wraps chicken and cheese sweetcorn and beetroot
Pudding Fruit muffin	Pudding Fromage frais And banana	Pudding Carrot cake	Pudding Fresh fruit and Greek yoghurt	Pudding Strawberry delight

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Snack Toast and cheese apple	Snack Fresh fruit	Snack Pitta fingers tuna and pear	Snack Fromage frais and mandarins	Snack Bread sticks soft cheese and banana
Dinner Spaghetti Meatballs sweetcorn and peas	Dinner Roast Quorn mash potatoes cauliflower and cabbage	Dinner Mini toad in the hole potatoes and mixed vegetables	Dinner White fish pie broccoli and carrots	Dinner Vegetable enchiladas and peas
Pudding Fruit muffin	Pudding Chocolate brownie and ice-cream	Pudding Greek yoghurt and fresh fruit	Pudding Fruit cocktail	Pudding Ginger biscuit and natural yoghurt
Snack Rice cake and mandarins	Snack Bread sticks tuna and cucumber	Snack Fruit scone	Snack Oat cakes and apple	Snack Potato waffles and cottage cheese
Tea Jacket potato cheese and tuna/carrot sticks	Tea Toast and paste cheese cubes/ grapes	Tea Chicken couscous tomato basil sauce and salad sticks	Tea Cheese on toast and salad	Tea Open cob salad
Pudding Fromage frais and banana	Pudding Apricot fool	Pudding Banana bread	Pudding Angel delight	Pudding Fruit cake

