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| **Spring/ Summer menu (children aged 1-4 years). Allergen advice found in actual recipe or product label** |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast:8am-9am*****Drink: water or milk***  | Cereal selection with option of fresh fruit | Cereal selection with option of fresh fruit | Cereal selection with option of fresh fruit | Cereal selection with option of fresh fruit | Cereal selection with option of fresh fruit |
| **Lunch: 11:15am*****Drink: water*** | Thai chicken (or tofu) curry with peas and rice  | Tuna mayo and sweetcorn jacket potatoes | Chicken and mushroom pie with cucumber slices | Salmon and pea pasta  | Breadcrumb chicken nuggets with green beans and potatoes  |
| **Dessert:** | Blueberry sponge cakeCaterpillars and Preschool cooking classes | Strawberry jelly  | Pineapple chunks with Greek Yoghurt | Banana slices and custard | Plain Greek yoghurt with raspberry purée  |
| **Mid -afternoon snack: 2:30 -3:00pm*****Drink: water or milk*** | Cheese sticks and pineapple slices | Half a pancake and apple slices  | Mashed avocado and pitta bread | Rice cakes and kiwi slices | Cucumber and carrot sticks with humous  |
| **Tea: 4:15pm*****Drink: water*** | Carrot and coriander soup with naan bread  | Lamb tagine with garlic bread  | Mixed bean cous cous with cheese and fresh tomatoes  | Homemade margarita pizza with pineapple and ham Caterpillars and Preschool cooking classes | Gnocchi with tomatoes and mushrooms |
| **Dessert:** | Seasonal fruit salad | Seasonal fruit salad  | Seasonal fruit salad | Seasonal fruit salad | Seasonal fruit salad |
| ***Notes: fresh drinking water will be available & accessible at all times*** |

* **Further adaptations required are found in the recipe**