

The Break Menu *Week One*

Water available all day and with all meals. Menus are subject to change and availability.



Monday

Tea
is served at
4.45pm

Make Your Own Wraps
*with choice of fillings &
veggie sticks*

Selection of Fruit

Afternoon
Snack
served as
soon as we
get in from
school

Satsumas

Vegetarian
Tea

Cucumber & Salad Rolls
with mango mayo

Nutrition

Starchy Portions	2
Fruit & Vegetable Portions	2
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions	1
Milk & Dairy Foods	1

Tuesday

Grilled Fish Finger
Sandwich
*with tomato sauce &
cucumber*

Selection of Fruit

Apple Fingers

Grilled Vegetable Finger
Sandwich
*with tomato sauce
& cucumber*

Nutrition

Starchy Portions	2
Fruit & Vegetable Portions	2
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions	1
Milk & Dairy Foods	2

Wednesday

Ham & Sweetcorn
Bagel Pizza
with carrot sticks

Fruit Yoghurt

Orange Wedges

Sweetcorn & Pepper
Bagel Pizza
with carrot sticks

Nutrition

Starchy Portions	2
Fruit & Vegetable Portions	5
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions	1
Milk & Dairy Foods	2

Thursday

Cheddar Ploughman's
*with sweet pickle, crusty roll
& quartered grapes*

Selection of Fruit

Bananas

Cheddar Ploughman's
*with sweet pickle, crusty roll
& quartered grapes*

Nutrition

Starchy Portions	2
Fruit & Vegetable Portions	2
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions	1
Milk & Dairy Foods	2

Friday

Toasted Crumpets
*with choice of tuna mayo
crunch or cheese savoury*

Selection of Fruit

Breadsticks
with tzatziki

Toasted Crumpets
*with choice of red pepper
humous or cheese savoury*

Nutrition

Starchy Portion	2
Fruit & Vegetable Portion	3
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion	1
Milk & Dairy Foods	2