

# WARREN WEAVERS MENU

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Sugar free cereals Porridge	Sugar free cereals Porridge	Sugar free cereals Porridge	Sugar free cereals Porridge	Sugar free cereals Porridge
	Toast with sunflower spread, jam, honey or marmite	Toast with sunflower spread, jam, honey or marmite	Toast with sunflower spread, jam, honey or marmite	Toast with sunflower spread, jam, honey or marmite	Toast with sunflower spread, jam, honey or marmite
	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt
	Fruit Juice, milk or water	Fruit Juice, milk or water	Fruit Juice, milk or water	Fruit Juice, milk or water	Fruit Juice, milk or water

	On arrival at Weavers the children are offered individually packaged dried fruit such as raisins or apricots or fresh fruit.				
T E A	Pasta in tomato and basil sauce	Chicken/ <b>Quorn</b> in Korma sauce OR Sweet & Sour Sauce	Chicken/ <b>Quorn</b> <b>Burger</b>	Bubble Crumb Salmon/ <b>Veggie</b> <b>Nuggets</b>	<b>Baguette Subway</b> with choice of fillings: <b>Cheese</b> , Tuna Mayo or Ham.
	Salad	Rice		Chips	Waffle Fries
		Broccoli	Vegetable Sticks	Peas	Sweetcorn
<b>Dessert</b>	<b>Pip Organic Berry Lolly</b>	<b>Chocolate ice cream</b> (non-dairy strawberry tub for milk allergies)	<b>Bourbon Biscuits</b>	<b>Mango Sorbet</b>	<b>Peach Slices in Juice</b>

**BOLD TYPE INDICATES SUITABLE FOR VEGETARIANS/VEGETARIAN OPTION.** WATER IS ALWAYS AVAILABLE THROUGHOUT THE SESSION, PLEASE ENSURE YOUR CHILD HAS A NAMED WATER BOTTLE. ALLERGIES CAN BE CATERED FOR PROVIDING WE ARE MADE AWARE OF THE DIETARY NEEDS IN ADVANCE.

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