WARREN WEAVERS MENU

Week 2

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

_	Bubble Crumb Salmon Or Veggie nuggets Chips	Chicken/ Quorn Goujon Wraps	Veggie Meatball Bolognese	Baguette Subway with choice of fillings: Cheese, Tuna Mayo or Ham.	Cheesy Pasta or Tomato & Herb Pasta
E A	Peas & Sweetcorn	Salad	Salad	Waffle Fries Vegetable Sticks	Broccoli
Dessert	Bourbon Biscuits	Mango Sorbet	Chocolate ice cream (non-dairy strawberry tub for milk allergies)	Pip Organic Berry Lolly	Pineapple in Juice

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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