

Little Larks Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals and toast	Choice of cereals and toast	Choice of cereals and toast	Choice of cereals and toast	Choice of cereals and toast
Snack 10am	Selection of fruit or vegetable sticks	Selection of fruit or vegetable sticks	Selection of fruit or vegetable sticks	Selection of fruit or vegetable sticks	Selection of fruit or vegetable sticks
Lunch	Vegetable Lasagne Lemon drizzle cake	Chicken Korma with white rice Crepes with Strawberries	Beef meatballs in a tomato and herb sauce with spaghetti Yoghurt and Fresh Raspberries	Jacket potato with tuna mayonnaise, and salad Banana and custard	Homemade fish fingers, crispy potatoes and baked beans Vanilla Ice-cream
Snack 2pm	Roasted vegetable crisps and dip	Sweetcorn fritters	Cheese and grapes	Rice cakes	Breadsticks and dip
Tea	A selection of sandwiches with cherry tomatoes and cucumber Fromage Frais	Cheese pasta salad with red pepper Oat cookie	A choice of ham or cheese wraps with salad Orange Cupcake	Hummus and pita bread with vegetable sticks Fruit muffin	Soft cheese bagel with salad Upside down pineapple cake

A vegetarian option will be available on request.
Please let a member of staff know if there are any allergies with any of the choices on the menu.
Items may be substituted.

