

Little Larks Menu - Week 3

	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	Cottage Pie with carrots and green beans Vanilla ice-cream	Roast chicken Yorkshire pudding and stuffing with potatoes and vegetables Fruit crumble and custard	Fisherman's pie with a selection of seasonal vegetables Strawberry Mousse	Spaghetti Bolognese and garlic bread Fresh fruit salad	Cowboy casserole (sausages, baked beans and vegetables) with mashed potato Chocolate crispy cake
Snack 2pm	Rice cake with cream cheese	Crumpets	Oat cakes and raisins	Cheese and crackers	Apple Muffin
Tea	Sausage rolls with vegetable sticks Blueberry muffins	A selection of sandwiches with vegetable sticks Fruit jelly	Soft cheese bagels with cherry tomatoes Fresh fruit salad	Beans on toast Banana Cake	Selection of sandwiches Fresh fruit

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.

