

## Lucas Choice Childcare Setting – Main Menu

Week Three (13/02/17 – 17/02/17)	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 08:00</b>	<p style="text-align: center;">A selection of breakfast cereals or porridge, and a selection of toast/bread with spreads and fresh fruit.</p> <p style="text-align: center;">Water or milk to drink</p>				
<b>Lunch 11:30</b>	Diced chicken stew, peppers, sweet potato, broccoli with steamed brown rice and red lentils.	Lamb casserole with spaghetti, sweet potato mash and peas	Meatball casserole in tomato/peppers sauce served with fusilli Pasta	Salmon fillet, mashed potatoes, green beans and carrots served with steamed rice	Turkey stew cooked new potatoes and carrots served with fusilli pasta
<b>Pudding</b>	Petit Filous/Greek yoghurt or soya yoghurt	Bananas	Fresh fruit salad	Rice crackers & pineapple	Natural yoghurt served with fruit
<b>PM Snack 14:30 – 15:00</b>	Homemade by the children: beetroot and carrot muffins	Homemade by the children: smoothie	Homemade by the children: wholemeal bread	Homemade by the children: oat cakes	Mango
<b>Tea 16:45</b>	Homemade Leek and potato soup with garlic bread or toast	Jacket potatoes with a choice of cheese, tuna and baked beans	Homemade vegetable lasagna with side salad	Quiche Lorraine with side salad	Fishcakes, potato wedges and peas
<b>Pudding</b>	Melon	Peaches	Bananas	Watermelon	Pears & homemade oat cookies