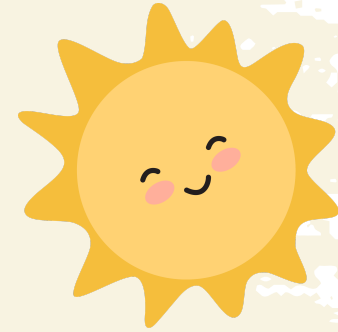


WAKE UP AND WIND DOWN BREAKFAST MENU



WEEK 1

MON

Pancakes with
fresh fruit

TUE

Croissants with
assorted fillings

WED

Crumpets with
butter or soft
cheese

THU

Waffles with
fresh fruit

FRI

Yoghurt, raisins
and fresh fruit

WEEK 2

MON

Croissants with
assorted fillings

TUE

Yoghurt, raisins
and fresh fruit

WED

Pancakes with
fresh fruit

THU

Crumpets with
butter or soft
cheese

FRI

Waffles with
fresh fruit

Children may help themselves to assorted cereals and fresh fruit. Toast is also available each morning. A drink of milk or water is provided with all meals.

WAKE UP AND WIND DOWN EVENING MENU



WEEK 1

MON

Grazing board with crackers, cheese, meat, salad and fruit

TUE

Spaghetti or beans with toast

WED

Wraps with a selection of meat, cheese and salad

THU

Pitta breads with a selection of meat, cheese and salad

FRI

Sandwich fingers with assorted fillings

WEEK 2

MON

Spaghetti or beans with toast

TUE

Wraps with a selection of meat, cheese and salad

WED

Sandwich fingers with assorted fillings

THU

Grazing board with crackers, cheese, meat, salad and fruit

FRI

Pitta breads with a selection of meat, cheese and salad

Children may choose from a yoghurt or fresh fruit after snack. A drink of milk or water is provided with all meals.