

Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Bagels with spread and pears	Pitta stuffed with grated carrots and cheese and cherry tomatoes	Cheese straws with apples	Toast with spread and melon	Bananas with pancakes
Prepare				Children to prepare rainbow muffins	
Lunch	Mixed bean burrito with salad	Cous cous with Moroccan Chicken	Tomato, spinach and red onion frittata With bean salad	Tandoori chicken with salad and garlic potatoes	Fish Biryani with riata
Desert	Mixed dried fruit with yogurt	Rice Pudding	Bananas and custard	Rainbow muffins	Fresh fruit salad with crème fraiche
Shopping or Afternoon prepare		Afternoon children to make cheese straws (shortcrust)			