

Week 4

Little Bears Winter Menu



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Jacket potato with vegetable and bean chilli

Greek Yoghurt & berries

Tea

Pasta with salmon & sweetcorn

Banana

Snack(am)

Croissant
Grapes/strawberries
Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Haddock Kedgeree (rice) with broccoli

Ginger cake

Tea

Margherita pizza with vegetable sticks

Orange

Snack(am)

Pear
Rice cake
Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast chicken, roast potatoes, peas and carrots
Apple crumble and custard

Tea

Cheese and cucumber sandwiches. Cherry tomatoes
Fruit yoghurt

Snack(am)

Melon
Crumpet
Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Beef lasagne with garlic bread

Semolina pudding

Tea

Omelette, baked beans and new potatoes

Orange

Snack(am)

Apple
Oatcake
Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Cod bites with potato wedges and peas

Peaches and cream

Tea

Hummus dip with sliced egg, grated cheese, sliced ham and pitta bread
Raisin biscuit

Snack(am)

Banana
Digestive
Milk