

Apple Trees Child Care- Week 1 menu Autumn/Winter

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereal and toast.	A selection of cereal and toast.	A selection of cereal and toast.	A selection of cereal and toast.	A selection of cereal and toast.
Lunch	Red Tractor Spaghetti Bolognese Garlic Bread Slice/Quorn Mince	Toad in the Hole Mash Potato Fresh Boiled Carrots/ Quorn Sausage	Sweet and Sour Chicken Wholemeal Rice / Quorn Chicken	Homemade Winter Vegetable Stew and Dumplings	Fish cakes Chips and Peas
Dessert	Yogurt	Yoghurt	Pear Quarters	Jelly	Flavoured Angel Delight
Tea	Hot Dogs With Soft White Roll/ Quorn Sausage	Homemade Vegetbale Soup Crusty White Roll	Cold Tuna Pasta/ Free From Cheese Pasta	Baked Beans On Butterd Toast	Chicken Burgers With Soft White Roll / Quorn Chicken Burger
Dessert	Pineapple Fingers	Half a Banana	Chocolate Nest Cakes	Watermelon Fingers	Half a Banana
AM Snack	Breadsticks & Dip	Melon Fingers	Butterd Scons	Raisins	Butterd Crackers
PM Snack	Apple Slices	Plain Brioche	Peeled Oranges	Warm Crossants	Kiwi Slices

Water is available all day and milk will be offered at snack times.

Red Tractor: indicates that food is farmed and processed in the UK.

Green: indicates vegetarian option. Apple Trees has one day which is totally vegetarian.