



Apple Trees Child Care- Week 1 menu Autumn/Winter

| Week 1           | Monday                                       | Tuesday                                         | Wednesday                                                 | Thursday                                        | Friday                                                         |
|------------------|----------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------|
| <b>Breakfast</b> | 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.                               |
| <b>Lunch</b>     | Sausage (Quorn Sausage), Mash and Carrots    | Fish Pie (mixed bean pie) with peas & sweetcorn | Fruity chicken (Quorn chicken) Curry with wholegrain rice | Maccroni cheese and broccoli                    | Red tractor mince (Quorn mince), onion and mushrooms enchildos |
| <b>Dessert</b>   | Yogurt                                       | Apple slices                                    | Jelly                                                     | Melon                                           | Homemade rice pudding and a blob of jam                        |
| <b>Tea</b>       | Warm Pitta fingers filled with ham or cheese | Fish Finger (Quorn fish) Sandwiches             | Homemade quiche with potato salad                         | Homemade carrot soup with homemade crusty rolls | Homemade sausage meat(cheese and onion) whirls                 |
| <b>Dessert</b>   | Half a banana                                | Rice krispy cakes                               | Pineapple                                                 | Shortbread fingers                              | Fruit Platter                                                  |
| <b>AM Snack</b>  | Pear Quarters                                | Rice cakes & marmite                            | Watermelon fingers                                        | Warm crossiants                                 | Apple slices                                                   |
| <b>PM Snack</b>  | Breadsticks & dip                            | Kiwi halves                                     | Buttered Fruit loaf                                       | Easy Peeler Oranges                             | Cucumber sticks & dip                                          |

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.