

Apple Trees Child Care- Week 1 menu Autumn/Winter

Week 2	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 Mild Chili Con Carne/ Quorn Mince	Hot Jacket Potato with Cheese and Baked Beans/ Free From Cheese	Roast Chicken Dinner/Quorn Chicken Fresh Vegetables Yorkshire Pudding	Tuna Pasta Bake Garlic Bread Slice	Chicken Goujons/ Quorn Chicken Potato waffle and Sweetcorn
Dessert	Yogurt	Pear Quarters	Jelly	Watermelon Fingers	Ice Cream
Tea	Marmite Toasted English Muffins	Homemade Potato and Leek Soup Crusty Roll	Spaghettie Hoops on Butterd Toast	Homemade Cheese & Tomato Pizza/ Free From Cheese	Soft White Rolls with Cheese and Tuna
Dessert	Half Banana	Flavoured Angel Delight	Peeled Oranges	Cornflake Cakes	Gala Melon Fingers
AM Snack	Melon Fingers	Butterd Fruit Bread	Apple Slices	Rice Cakes & Spread	Pineapple Fingers
PM Snack	Carrot Sticks & Dip	Raisins	Plain Biscuit Fingers	Banana Slices	Soft Pancakes

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.