**JACK AND JILL WEEKLY MENU**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| A Choice of Cereals  Or  Toast/Bread and Butter  And  Fruit | A Choice of Cereals  Or  Toast/Bread and Butter  And  Fruit | A Choice of Cereals  Or  Toast/Bread and Butter  And  Fruit | A Choice of Cereals  Or  Toast/Bread and Butter  And  Fruit | A Choice of Cereals  Or  Toast/Bread and Butter  And  Fruit |

BREAKFAST V

* Porridge will be an additional extra throughout the year
* Milk and Water will be offered to drink at every breakfast
* Cereal choices will vary

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Fruit or Veg V | Rice Cakes V | Fruit or Veg V | Houmous & Breadsticks V | Fruit or Veg V |

MORNING SNACK

* Milk and Water will be offered to drink at every morning snack
* Snacks are subject to change each day

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Tomato and Basil Pasta Bake  V  Served With:  Diced Courgette and Sweetcorn  &  Garlic Bread  V  Trifle | Slow Baked Jacket Potato  V  Served With:  Mixed Beans in Tomato Sauce  Or  Tuna Sweetcorn in Mayo V  White Choc and Raspberry Cookie | Homemade Meat Pie with Gravy  Or  Cheddar and Tomato Tartlet  V  Served With:  Mashed Potatoes  And  A Choice of Steamed Vegetables  V  Rainbow Ice Cream | Mediterranean Vegetable Flavour Cous Cous  V  Served With:  Sliced Wholegrain Bread  V  Apple Sponge and Custard | Homemade Battered Fish  Or  Battered Quorn Sausage  V  Served With:  Oven Chips  And  Baked Beans  Or Pea’s  V  Strawberries and Melon |

LUNCH

* Lunch is subject to change each day
* Water will be offered to drink at every lunch
* Bread and butter will be given as an alternative meal

AFTERNOON SNACK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Fruit or Veg V | Fruit or Veg V | Fruit or Veg V | Fruit or Veg V | Fruit or Veg V |

* Milk and Water will be offered to drink at every afternoon snack
* Snacks are subject to change each day

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cold Tea: Sandwich Bar &  A Piece of Fruit | Cold Tea: Sandwich Bar &  A Piece of Fruit | Cold Tea: Sandwich Bar &  A Piece of Fruit | Cold Tea: Sandwich Bar &  A Piece of Fruit | Cold Tea: Sandwich Bar &  A Piece of Fruit |

TEA

* Tea is subject to change each day
* Milk and/or Water will be offered to drink at every Tea

\*All our meals are portioned in age categories according to the “eat better, start better” and “school food standards” guidelines.