

SOAR CHILDMINDING LTD.

WEEK ONE

Monday

Breakfast - pancakes, yoghurt, fruit.

S - oat cakes, fruit fingers, cheese

Lunch - roast chicken vegetables, potato, gravy - yoghurt

AS - pretzels, fruit

Dinner - vegetarian pasta bolognese, peas - jelly and custard

Tuesday

Breakfast - cereal and fruit

S - rice cake and banana

Lunch - sandwiches, crudites, - fruit and biscuit

AS - popcorn and fruit

Dinner - sausages, pots, sweetcorn - sponge cake

Wednesday

Breakfast - toast, yoghurt and fruit

S - humous, breadsticks, crudites

Lunch - tuna pasta - salad, yoghurt

AS - banana bread, cucumber/carrot sticks

Dinner - cheesy pasta bake. green beans, - apple crumble

Thursday

Breakfast - cereal, yoghurt, fruit or boiled egg and toasted muffin

S - pita bread, fruit

Lunch - chicken stir fry with noodles and veg - mousse

AS - scones, fruit and water

Dinner - pizza, crudités - fruit salad

Friday

Breakfast -

Example Snacks: we try to serve a carbohydrate and fruit or vegetable at each snack time.

Example puddings: - most puddings are milk or fruit based. We sometimes serve celebration cake on special occasions.

SOAR CHILDMINDING LTD.

WEEK TWO

Monday

Breakfast - toast, yoghurt fruit
humous, breadsticks and fruit
Lunch - pasta, veg - custard and bananas
AS rice cakes and crudités
Dinner -fish cakes, potatoes, veg - flapjack

Tuesday

Breakfast - cereal and fruit.
MS - banana faces
Lunch - beans on toast, scrambled egg - fruit salad
AS - humous, breadsticks, crudites
Dinner - homemade BBQ Chicken, rice, sweetcorn - yoghurt with granola

Wednesday

Breakfast - bagel, fruit and yoghurt
MS - rice cake, fruit
Lunch - shepherd's pie, peas, - fruit
AS - chex mix
Dinner - Meatballs, potato or couscous, vegetable medley - eve's pudding

Thursday

Breakfast - cereal and fruit
MS - whole wheat toast and mashed avocado
Lunch - home made chicken nuggets, fruit and veg - rice pudding and fruit
fingers
AS - fruited loaf, crudites
Dinner - macaroni cheese, green beans, jelly and fruit

Example Snacks: we try to serve a carbohydrate and fruit or vegetable at each snack time.

Example puddings: - most puddings are milk or fruit based. We sometimes serve celebration cake on special occasions

