



Starfish Early Years

Full Day Care & Out of School care

Week 1

	Breakfast	Snack	Dinner	Desert	Tea	Desert
Monday	Cereal Toast Yoghurt & Fruit Fruit Juice	Raisins & Cheese	Pork and Carrot Meatballs in Tomato & Basil sauce with Pasta, Peas & Garlic Bread	Eve's pudding with custard	Fish Fingers with Mashed Potatoes & Beans	Seasonal fresh fruit salad
Tuesday	Cereal Toasted Teacake Yoghurt & Fruit Fruit Juice	Hummus & Breadsticks	Chicken Tikka with Basmati Rice & Naan Bread	Strawberries & Cream with Meringue	Macaroni Cheese with Salad & Crusty Bread	Lemon Drizzle Cake
Wednesday	Cereal Muffins Yoghurt & Fruit Fruit Juice	Pears	Mince & Dumplings with Mashed potato and Broccoli V	Yoghurt & Biscuit	Vegetable Nuggets with Fries & Spaghetti V	Toffee Muffins
Thursday	Cereal Crumpets Fruit & Yoghurt Fruit Juice	Apple & Grapes	Toad in the hole, New potatoes, Carrots and Cauliflower	Semolina with Fruit Puree	Gammon ham with potato wedges and beans	Melon Medley
Friday	Cereal Toast Yoghurt & Fruit Fruit Juice	Cherry Tomatoes & Carrot Sticks	Salmon & Haddock Fish Cakes with Minted Garden Peas Bread & Butter V	Jelly with Mandarin Oranges	Pizza Selection V	Nutty Slack



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Week 2

	Breakfast	Snack	Dinner	Desert	Tea	Desert
Monday	Cereal Crumpets Yoghurt & Fruit Fruit Juice	Cream Cheese & Crackers	Lasagne with Tomato Garlic Bread & Side Salad	Ice Cream Sundae	Beans & Cheese on Toast	Home Made Cookie with Fromage Frais
Tuesday	Cereal Toast Yoghurt & Fruit Fruit Juice	Rice Cakes with Beetroot Dip	Roast Beef with Yorkshire Pudding, Mashed Potato, Cabbage & Carrots	Cinnamon Rice Pudding	Chicken Goujon Wraps with Cheese Coleslaw	Crispie Cake
Wednesday	Cereal Muffin Yoghurt & Fruit Fruit Juice	Satsumas	Meat Free Chicken & Bean Curry with Cous-Cous V	Raspberry & Coconut Cake	Jacket Potato with Tuna & Sweetcorn Mayonnaise V	Banana & Custard
Thursday	Cereal Toast Yoghurt & Fruit Fruit Juice	Carrot & Pepper Sticks	Pork & Apple Casserole with Rice and Dumpling	Berry Cheesecake	Chunky Vegetable/Tomato Soup with Crusty Bread	Ginger Cake
Friday	Cereal Crumpets Yoghurt & Fruit Fruit Juice	Apple and Cheese	Sausage & Bean Casserole with New Potatoes V	Fresh Fruit Salad	Sandwich & Pastry Selection, Crisps V	Sweet Scone, Jam & Cream with Strawberries



	Breakfast	Snack	Dinner	Desert	Tea	Desert
Monday	Cereal Crumpets Fruit & Yoghurt Fruit Juice	Apple & Raisins	Bangers and mash with Peas	Rice Pudding with Cinnamon	Cheese and Potato Pie with Baked Beans	Yoghurt and Biscuit
Tuesday	Cereal Toast Fruit & Yoghurt Fruit Juice	Oranges	Roast Turkey with Yorkshire Pudding Roast Potatoes & Cauliflower	Lemon Cheesecake	BBQ Pulled Pork with Rice	Fresh Fruit Salad
Wednesday	Cereal Tea Cake Fruit & Yoghurt Fruit Juice	Veg sticks with Cherry Tomatoes	Creamy Chicken Pie with Rice & Honey Glazed Carrots V	Angel Whirl	Tomato & Basil Pasta with Garlic Bread V	Jelly and Ice Cream
Thursday	Cereal Crumpets Fruit & Yoghurt Fruit Juice	Rice Cakes	Pasta Bolognese with Garlic Bread	Chocolate Brownie	Cooked Meats with New Potatoes, Salad Bread and Butter	Bananas and Custard
Friday	Cereal Toast Fruit & Yoghurt Fruit Juice	Mixed Berries	White Breaded Fish Fillet Roast Potatoes Mushy Peas Tartare Sauce Bread and Butter V	Semolina with Strawberry Puree	Meatball Melt V	Iced Cup Cake