



# Starfish Early Years

Full Day Care & Out of School care

# Week 1

	Breakfast	Snack	Dinner	Desert	Tea	Desert
<b>Monday</b>	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 Wrap & Beans	Seasonal fresh fruit salad
<b>Tuesday</b>	Cereal Toasted Teacake Yoghurt & Fruit Fruit Juice	Hummus & Breadsticks	Chicken Tikka with Basmati Rice & Naan Bread	Apricots & Cream with Meringue	Macaroni Cheese with Salad & Crusty Bread	Lemon Drizzle Cake
<b>Wednesday</b>	Cereal Muffins Yoghurt & Fruit Fruit Juice	Pears	Mince & Dumplings with Mashed potato and Broccoli <b>V</b>	Yoghurt & Biscuit	Vegetable Nuggets with Fries and Spaghetti <b>V</b>	Toffee Muffins
<b>Thursday</b>	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 sweetcorn	Melon Medley
<b>Friday</b>	Cereal Toast Yoghurt & Fruit Fruit Juice	Cherry Tomatoes & Carrot Sticks	Salmon & Haddock Fish Cakes with Minted Garden Peas Cous-cous Bread & Butter <b>V</b>	Jelly with Mandarin Oranges	Pizza Selection with Salad <b>V</b>	Nutty Slack



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**Week 2**

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



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## Week 3

	Breakfast	Snack	Dinner	Desert	Tea	Desert
<b>Monday</b>	Cereal Crumpets Fruit & Yoghurt Fruit Juice	Apple & Raisins	Bangers and mash with Peas	Rice Pudding with Cinnamon	Tomato and Basil pasta	Yoghurt and Biscuit
<b>Tuesday</b>	Cereal Toast Fruit & Yoghurt Fruit Juice	Oranges	Creamy Chicken Pie with Honey Glazed Carrots & Parsnips	Lemon Cheesecake	BBQ Pulled Pork with Rice	Fresh Fruit Salad
<b>Wednesday</b>	Cereal Tea Cake Fruit & Yoghurt Fruit Juice	Veg sticks with Cherry Tomatoes	Roast Turkey with Yorkshire Pudding Roast Potatoes & Cauliflower V	Angel Whirl	Sweet potato and lentil soup with crusty bread V	Jelly and Ice Cream
<b>Thursday</b>	Cereal Crumpets Fruit & Yoghurt Fruit Juice	Rice Cakes	Lamb mint and chick pea stew with Bread	Chocolate Brownie	Cooked Meats with New Potatoes, Salad Bread and Butter	Bananas and Custard
<b>Friday</b>	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