



Little Bears Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast and fruit	Selection of cereals, toast and fruit	Selection of cereals, toast and fruit	Selection of cereals, toast and fruit	Selection of cereals, toast and fruit
AM Snack	Breadsticks, apple and milk	Cheese cubes, pineapple and milk	Crumpet, honeydew melon and milk	Croissant, raisins and milk	Pancakes, banana and milk
Lunch	Mixed beans & butternut squash curry with rice	Vegetable pasta bake	Roast quorn, roast potatoes with mixed veg and gravy	Vegetable lasagne with Green Salad	Fish fingers, potato wedges and peas
Pudding	Fruit yoghurt	Fruit salad	Fruit yoghurt	Fruit salad	Fruit yoghurt
PM Snack	Pitta bread, cucumber and carrot sticks	Crackers with grapes	Breadsticks with banana	Rice cake with rranges	Biscuit with pear
Tea	Pizza with vegetable sticks	Tuna and sweetcorn wraps	Cheesy beans with baby potatoes	Scrambled eggs with pitta bread	Vegetable soup with crusty bread
Pudding	Fruit salad	Fruit yoghurt	Fruit salad	Fruit yoghurt	Fruit salad