



ark childcare

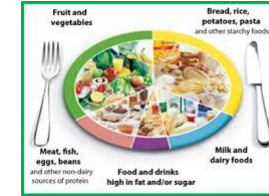


MENU WEEK 1 WEEK BEGINNING -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit and Oatcake	Apple and Melon	Toast	Pineapple and Apple	Fruit and Crisps
LUNCH (Main)	Tomato Soup and Sandwiches	Chicken Chasseur, Roast Potatoes, Carrots and Broccoli	Cowboy Pie	Sausage Roll, Mash and Beans	Fish Pie
LUNCH (Pudding)	Vanilla Sponge	Yoghurt	Jelly	Sticky Toffee Pudding	Chocolate Cake
AFTERNOON SNACK	Breadstick, Veg and Dip	Rice Cakes and Chocolate Spread	Banana and Orange	Cracker Bread and Cheese	Cheese Scones
TEA (Main)	Lasagne	Sweet and Sour with Rice	Spaghetti Napolese	Chicken Curry and Rice	Pizza
TEA (Pudding)	Ice Lolly	Lemon Cake	Brownie	Ice Cream Cone	Fromage Frais



ark childcare

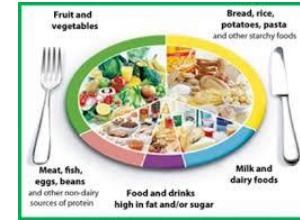


MENU WEEK 2 WEEK BEGINNING -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toast	Banana and Orange	Crackers and Soft Cheese	Rice Cake and Banana	Apple and Melon
LUNCH (Main)	Paprika Pork, Fried Potatoes, Carrots and Green Beans	Meat Loaf, mash and Carrots	Spicy Parsnip Soup and Sandwiches	Chicken and Ham Pie, Roast Potatoes and Green Veg	Fish Fingers, Mash and Beans
LUNCH (Pudding)	Yoghurt	Fruit Crumble	Jam Sponge	Jelly	Fromage Frais
AFTERNOON SNACK	Pineapple and Apple	Apple and Rich Tea	Bread Rolls and Butter	Bread Stick, Veg and Dip	Pancakes
TEA (Main)	Lentil Curry and Rice	Creamy Sausage and Tomato Pasta	Pizza	Chilli and Wedges	Loaded Mac and Cheese
TEA (Pudding)	Fruit Flapjack	Millionaires Shortbread	Ice Cream Cones	Ice Lolly	Home Made Cookies



ark childcare

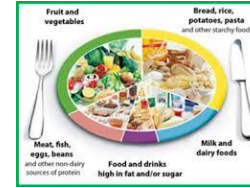


MENU WEEK 3 WEEK BEGINNING -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit and Cheerios	Crackers and Soft Cheese	Orange and Pineapple	Apple and Melon	Banana and Biscuit
LUNCH (Main)	Mince, tatties and Yorkshire Pudding	Sweet Potato and Squash Soup and Sandwiches	Fish Fingers Mash and Beans	Steak Pie, Mash, Carrots and Peas	Stovies – Bread and Butter
LUNCH (Pudding)	Strawberry Mousse	Peach and Raspberry Muffin	Yoghurt	Jelly	Fromage Frais
AFTERNOON SNACK	Rice Cakes	Fruit and Oatcake	Breadstick, Veg and Dip	Toast	Scone and Jam
TEA (Main)	Spaghetti Carbonara	Chicken Hotpot	Pasta Bolognese	Sausage, Beans and Chips	Chicken Korma and Rice
TEA (Pudding)	Chocolate and Orange Marble Cake	Choc – Ice	Banana Loaf	Plum Bakewell	Ice Cream Cones



ark childcare



MENU WEEK 4 - WEEK BEGINNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Melon and Orange	Fruit and Cheerios	Banana and Rich Tea	Bradstick, Veg and Dip	Rice Cake and Cheese
LUNCH (Main)	Fish Fingers, mash and Beans	Pork Casserole, Fried Potatoes and Green Veg	Chicken Fricassee, Mash, Carrots and Peas	Lentil Soup and Sandwiches	Meatballs in Tomato Sauce, Mash and Carrots
LUNCH (Pudding)	Jelly	Yoghurt	Rice Pudding	Chocolate Cake	Fromage Frais
AFTERNOON SNACK	Bread Rolls and Butter	Toast	Cheese Scone and Apple	Cracker Bread and Cheese Spread	Pineapple and Apple
TEA (Main)	Pizza	Beef Curry and Rice	Cannelloni	Sausage and Mash	Tuna and Sweetcorn Pasta Bake
TEA (Pudding)	Rock Cakes	Ice Lolly	Blondie	Ice Cream Cones	Shortbread Biscuits