

## Wildwood Childcare Weekly Menu

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Selection of cereals/Sourdough toast	Selection of cereals/Sourdough toast	Selection of cereals/Sourdough toast	Selection of cereals/Sourdough toast	Selection of cereals/Sourdough toast
<b>Snack</b>	English muffin with pears  Milk /Oat Milk	Banana pancakes  Milk/Oat Milk	Bagel with watermelon  Milk/Oat Milk	Crumpet with oranges  Milk/Oat Milk	Pitta with canary melon  Milk/Oat Milk
<b>Lunch</b>	Jacket potatoes with tuna, cheese, and homemade beans  (Vegetarian/Vegan option available)  Water	Scrambled eggs on Sourdough toast with tomatoes  (Vegan option available)  Water	Tomato pasta with vegetables and garlic bread  Water	Hummus cheese and chicken wraps with pepper and cucumber sticks  (Vegetarian/Vegan/Halal option available)  Water	Spaghetti Bolognese and garlic bread  (Vegetarian/Vegan/Halal option available)  Water
<b>Snack</b>	Veg Crudités, breadsticks and hummus/avocado dip  Milk/Oat Milk	Watermelon and breadsticks  Milk/Oat Milk	Crackers with apples  Milk/Oat Milk	Breadsticks with canary melon  Milk/Oat Milk	Rice cakes with bananas  Milk/Oat Milk
<b>Tea</b>	Chicken stew with root vegetables and rice  (Vegetarian/Vegan/Halal option available)  Water	Cauliflower, sweet potato, and spinach curry with cous cous  Water	Homemade Tomato Soup with crusty bread  Water	Cod with roast potatoes and mixed vegetable  (Vegetarian/Vegan option available)  Water	Carrot and Sweet Potato soup with crusty bread  Water