





Week 4	Breakfast	Snack Twinkle/Little Stars	Snack Big & Super	Lunch	Tea
Monday 	Cereal Toast	Melon Breadsticks	Melon Strawberries	Chicken Goujons, and beans. <i>Banana's</i>	Chicken Sandwiches with scotch egg
Ingredients	Chicken, egg, flour, breadcrumbs, Potatoes, vegetable oil, baked beans.				
Method	Slice chicken into strips, dip in flour, egg and breadcrumbs. Place on a baking tray. Bake for 20-25 minutes.				
Tuesday 	Cereal Toast	Oranges Rice cakes	Oranges Apple	<i>Beef chilli & rice.</i> Cupcakes.	Bagels With cream cheese and cucumber
Ingredients	Chilli: Minced Beef, Onions, Carrots, Peppers, Mushrooms, Tomato puree, Chilli powder, Salt, Pepper, Vegetable Stock, Olive oil, Baked beans.				
Method	Chilli: Fry the mince first. Add the veg and cook till soft. Add chilli, salt, pepper and beans and warm through. Cook rice in boiling water.				
Ingredients	Cup cakes: Flour, butter, sugar, eggs, icing sugar, water.				
Method	Cup cakes: Mix ingredients together. Put 1 tbsp in each baking case. Bake 15-20 mins. Add icing.				
Wednesday 	Cereal Toast	Banana Breadsticks	Bananas Grapes	<i>Shepherd pie and peas</i> <i>Yoghurt</i>	Crumpets and Spread
Ingredients	Shepherds pie. Carrots, onions veg stock, savoury minced quorn, veg gravy granules. potatoes, butter milk. olive oil				
Method	Cook and mash potatoes with the butter and milk. Fry onions and carrots in olive oil, add water and stock cubes. add quorn savoury mince and cook for 20 mins. add gravy granules. put mince mixture in a pyrex dish, cover with mash. place in the oven for 30 mins.				
Thursday 	Cereal Toast	Melon Rice cakes	Melon Pears	Homemade Pizza and Peas. <i>Rice Pudding</i>	Ham sandwiches and tomatoes.
Ingredients	Pizza: Pizza bases, tomato puree, olive oil, mixed herbs, cheese.				
Method	Pizza: Mix oil, puree and herbs. Spread over pizza base. Sprinkle cheese. Bake for 15-18 mins.				
Friday 	Cereal Toast	Oranges Breadsticks	Oranges <i>Breadsticks</i>	Macaroni and Cheese <i>Apples</i>	Digestive biscuits with sliced cheese and cucumber
Ingredients	Macaroni: Butter, flour, milk, cheese, mustard, macaroni, breadcrumbs.				
Method	Macaroni: Mix butter, flour, milk. Add mustard and cheese. Pour over pasta. Sprinkle breadcrumbs. Bake for 20 mins.				

