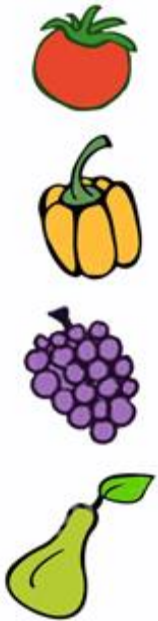
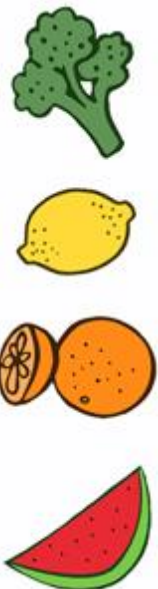




Bright Beginnings Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.
Mains	Lentil stew with potatoes and carrots. Spaghetti Bolognese with carrots.	Fish cakes with mash potato and mixed vegetables. Chicken casserole with seasonal vegetables.	Cottage Pie with mixed vegetables. Chicken goujons with mixed veg. and cous cous.	Baked potatoes with beans and cheese. Chicken pesto pasta with mixed vegetables.	Macaroni cheese with seasonal vegetables. Sweet potato soup with crusty rolls.
Pudding	Homemade banana cake.	Fruit Crumble.	Yoghurts.	Jelly.	Fruit slices.
Snack	Rice cakes with banana and strawberries.	Oatcakes with fruit.	Cream cheese with vegetables sticks.	Homemade flapjack with fruit.	Crackers, cheese cubes and fruit.



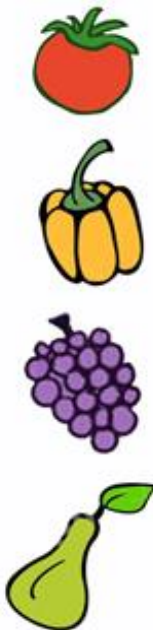
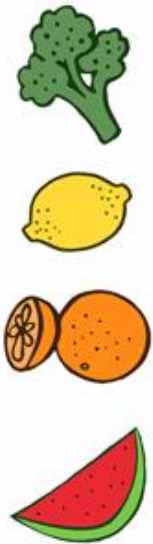
*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)





Bright Beginnings Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.
Mains	Bean & vegetable stew with rice. Chicken pasta bake with cauliflower.	Corned beef stovies with mixed vegetables. Fish goujons with mash and mix veg.	BBQ chicken with mixed vegetables. Bangers, mash and beans with gravy.	Chicken and vegetables fried rice. Tomato and roast pepper soup with crusty rolls.	Tomato pasta with cheese and pasta. Sheppard's Pie with seasonal vegetables.
Pudding	Fruit Slices.	Homemade custard with banana.	Orange sponge.	Fruit salad.	Yoghurts.
Snack	Scones and fruit.	Homemade cinnamon rolls with fruit.	Crackers, cheese cubes and cucumber sticks.	Oatcakes and fruit.	Cream cheese with breadsticks and carrot sticks.



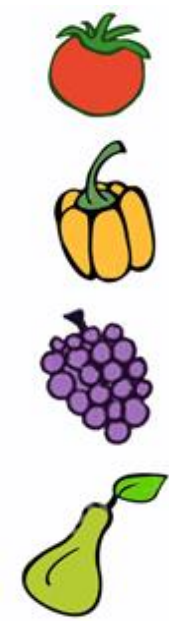
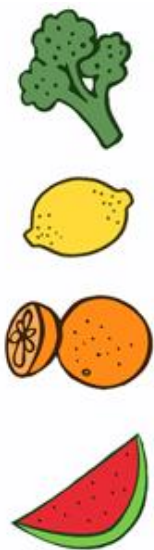
*All of our menus adhere to current [Setting the Table Guidelines](#) which you can see [here](#)





Bright Beginnings Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.	Variety of cereals and toast.
Mains	Homemade margarita pizza with salad. Vegetable soup with crusty rolls.	Cottage Pie with mixed vegetables. Pork meatballs in tomato sauce with rice.	Fish fingers with mash and beans. Chicken with vegetable curry and rice.	Vegetable lasagne with garlic bread. Chicken wraps with couscous and salad.	Tomato pasta with cheese and salad. Lentil stew with baby potatoes.
Pudding	Fruit Slices.	Jelly.	Fruit crumble.	Fruit salad.	Yoghurts.
Snack	Crackers, cheese cubes and carrot sticks.	Crumpets with fruit.	Scones with fruit.	Oatcakes and fruit.	Pancakes and fruit.



*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

