

Our Happy Niños Menu

WEEK 1	BREAKFAST (8:15-8:45)	LUNCH (11:30-12:00)		SNACK (3:00-3:15)	TEA (4:30-5:00)
		Main	Dessert		
Monday	Porridge, cereal or toast	Spinach, chicken and cheese filled tortillas with sweet potatoes	Fresh fruit slices & pieces	Fresh fruit and Crackers/Breadsticks or Vegetables/Ricecake with hummus	Banana and egg pancakes
Tuesday		Marinated chicken breast with rice and peas	Greek yoghurt with cherry compote		Beans and cheese filled pitta from the oven with tomatoes
Wednesday		Pasta with beef mince and carrots, with garlic bread on the side	Fresh Fruit slices and pieces		Finger sandwich buffet, with vegetable sticks on the side.
Thursday		Vegetable and mince balls with spinach & carrot on the side	Rice pudding with apricot jam		Tuna and sweetcorn bagels
Friday		Tuna and potato bake with cheese from the oven	Fresh fruit slices & pieces		Egg and pepper omelette with fresh cucumber slices
WEEK 2		+			
Monday	Porridge, cereal or toast	Chicken fajitas with sweet potatoes and carrot sticks.	Greek yoghurt with cherry compote	Fresh fruit and Crackers/Breadsticks or Vegetables/Ricecake with hummus	Banana and egg pancakes
Tuesday		Roast Chicken and Potatoes with a yorshire pudding and parsnips on the side.	Fresh fruit slices & pieces		Crumpets, with houmous, cheese and vegetable sticks.
Wednesday		Sheppards pie with long stem broccoli and gravy.	Greek yoghurt with peach compote		Avocado on toasted bagels with a side salad.
Thursday		Beef mince and Vegetable Lasange with a side of garlic bread.	Fresh fruit slices & pieces		Make your own pizza pizza class with a range of toppings.
Friday		Jacket potatoes with a selection of fillings including tuna, cheese and beans with a side salad	Rice pudding with apricot jam		Cheese omelette with fresh cucumber slices

- The menu is subject to change based on availability of ingredients or the requirement to amend the meals due to children with allergies or intolerancies
- Gluten, lactose and egg free alternatives are available when required