**Mealtimes are a very import time for our Woodland Adventurers. They will burn off lots of energy in the woodland and it is essential they access a healthy balanced diet whilst with us. We will offer a range of homemade meals for your child. Whilst we will encourage them to eat the same as their friends, we will always offer an alternative and work with you supporting dietary requirements and child preferences.**

**SAMPLE MENU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  **£170.00** | **Friday** |
| Breakfast | **Fresh Fruit**  **Toast**  **cereal** | **Fresh Fruit**  **Toast**  **cereal** | **Fresh Fruit**  **Toast**  **cereal** | **Fresh Fruit**  **Toast**  **cereal** | **Fresh Fruit**  **Toast**  **cereal** |
| Morning Snack | **Banana**  **Fruit bread**  **Milk/Hot chocolate** | **Pear**  **Brioche**  **Milk/warm blackcurrant** | **Apple**  **Breadsticks**  **Milk/Horlicks** | **Oranges**  **Crumpets**  **Milk/Warm juice** | **Banana**  **Toasted Bagels**  **Milk/ Hot chocolate** |
| Lunch | **Homemade cottage pie, Fresh cooked vegetables**  **yoghurt** | **Sausage and vegetable casserole**  **Fruit kebabs** | **Vegetable pasta bake**  **Banana and custard** | **Spaghetti Bolognaise**  **Garlic bread**  **Cup cake** |  |
| Afternoon snack | **Pear**  **Breadsticks**  **Milk/Horlicks** | **Raisins**  **Brioche**  **Milk/warm blackcurrant** | **Orange**  **Fruit bread**  **Milk/hot chocolate** | **apple**  **Breadsticks**  **Milk/Horlicks**  **£25.00** |  |
| Tea | **Home made vegetable soup and fresh rolls** | **Beans on toast** | **Toasted ham sandwiches** | **Jacket potatoes and cheese** |  |

**All our meals are prepared on site from fresh healthy ingredients. Menus will vary weekly on a four-week rota. They will include food from other different cultures with different flavours and textures for your children to experience. Menus will be available on our website**