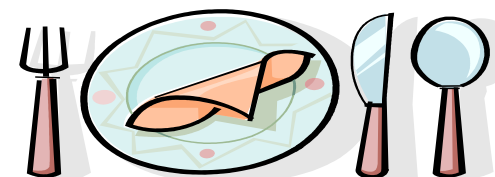


# Little Aces

## Healthy Eating Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 08:30 -09:00	Sugar free Cereals	Jam/ Marmalade on toast	Scrambled Eggs on brown toast	Sugar free Cereals	Scrambled Eggs on brown toast
Mid-Morning Snack 11:00-11:15	Fruit: Orange, Apple, Banana	Yogurts	Fruit: Orange, Apple, Banana	Yogurts	Fruit: Orange, Apple, Banana
Lunch 12:00-13:00	Lasagne and garlic bread  Veg	Chicken wings, wedges and veg	Rice ,mince and Veg		Cultural Day: Foods from around the world, made by children.
Mid-Afternoon Snack 15:00-15:15	Carrots Sticks, Cherry Tomatoes, Cucumber Sticks.	Raisins	Carrots Sticks, Cherry Tomatoes, Cucumber Sticks.	Raisins	Carrots Sticks, Cherry Tomatoes, Cucumber Sticks.
Dinner 16:30-17:30	Spaghetti bolognaise and veg	Cauliflower cheese and veg	Chicken and rice	Fish fingers, mash and peas	Chicken strips, sweet potato and veg
Drinks All day	Milk, Water, Orange juice, Apple juice.	Milk, Water, Orange juice, Apple juice.	Milk, Water, Orange juice, Apple juice.	Milk, Water, Orange juice, Apple juice.	Milk, Water, Orange juice, Apple juice.

\*Children may be allowed treats in moderation.

\*Please inform us of any dietary requirements for your child