

Barn Lodge Childcare

Sample Menu

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Cereal, Toast, Yoghurt, Fruit	Cereal, Toast, Yoghurt, Fruit	Cereal, Toast, Yoghurt, Fruit	Cereal, Toast, Yoghurt, Fruit
Morning Snack	Cheese and Crackers	Humus and Pitta bread	Oaty Flapjacks	Fruit Platter
Lunch	Tomato and Cheese Pasta Bake Yoghurt	Chicken Strips and Vegetable Rice Yoghurt	Spaghetti Bolognaise Yoghurt	Fish Fingers, Carrot Waffles and mixed Vegetables Yoghurt
Afternoon Snack	Mini Muffin, Fruit	Banana Loaf	Fruit Toast	Oat Bars, Fruit
Tea	Sandwich, Fruit, Yoghurt	Scrambled Egg and Beans Fruit	Pizza, Veggie Sticks Fruit	Sandwich, Fruit, Yoghurt
Drinks	Water or Milk	Water or Milk	Water or Milk	Water or Milk