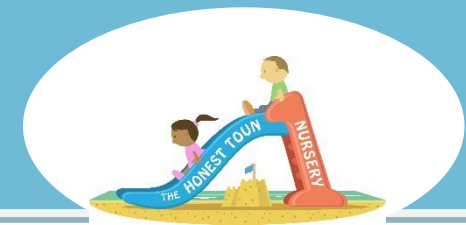
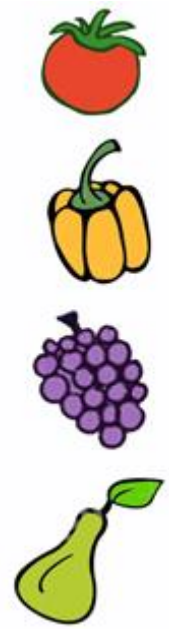
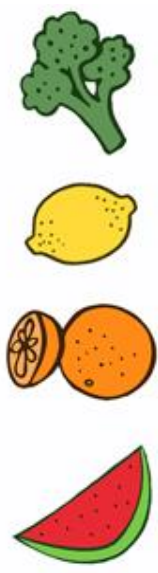


The Honest Toun Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of cereals & fresh fruit	Rice cakes & fresh fruit	Wholemeal breakfast muffin & fresh fruit	Porridge & fresh fruit	Wholemeal toast & fresh fruit
Lunch	Baked potato with cheese & salad or Tomato soup with a cheese roll	Spaghetti Bolognese with homemade garlic bread or Vegetable pizza	Haddock, new potatoes, peas & sweetcorn or Macaroni cheese & broccoli	Chicken stir-fry or Butternut squash soup with wholemeal rolls	Wholemeal pitta pockets with tuna or egg & salad or Pesto pasta
Pudding	Yoghurt & fresh fruit	Homemade banana muffins	Banana with yoghurt	Plum crumble with yoghurt	Sugar-free jelly with fruit
Afternoon Snack	Homemade fruit scones & cucumber sticks	Crackers, cubed cheese & sliced apple	Homemade berry muffins	Carrot sticks & wholemeal pitta	Oatcakes with cheese spread & kiwi fruit



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

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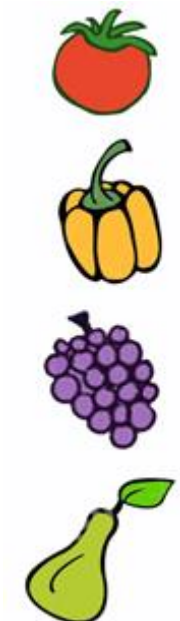
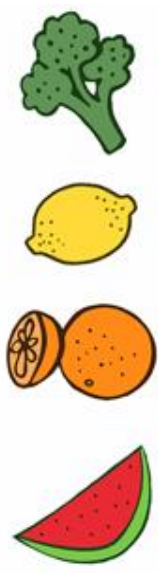
All meat & dairy options may be replaced with free-from alternatives as per individual child's needs.



The Honest Toun Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Toasted crumpets & fresh fruit	Wholemeal toast & fresh fruit	Bagels with spreads & fresh fruit	Selection of cereals & fresh fruit	Toasted teacakes & fresh fruit
Lunch	Tuna & sweetcorn pasta bake or Carrot soup with wholemeal bread	Chicken & vegetable casserole with creamy mashed potato or Vegetable stir-fry	Mushroom risotto with garlic bread or Egg & cress sandwiches on wholemeal bread	Baked gnocchi in a tomato sauce or Margherita pizza	Toad in the hole, new potatoes with seasonal vegetables or Creamy roasted vegetable soup with wholemeal rolls
Pudding	Yoghurt & fruit dippers	Low sugar apple crumble with homemade custard	Banana with yoghurt	Orange slices	Homemade fruit scones with sliced pear
Afternoon Snack	Homemade low sugar banana muffins with carrot sticks	Cheese cubes, apple slices & breadsticks	Tomato & spinach pinwheels	Homemade coconut scones with mango	Wholemeal pitta bread, cucumber, carrot & hummus dip



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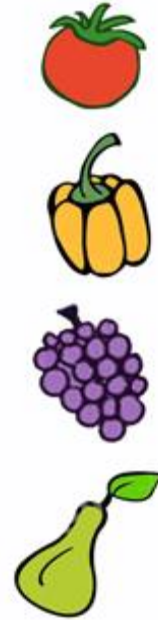
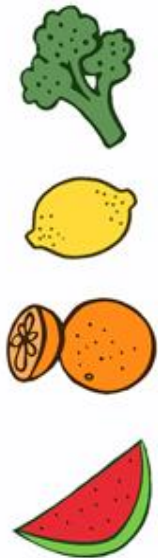
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The Honest Toun Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal breakfast muffins & fresh fruit	Selection of cereal & fresh fruit	Oatcakes with soft cheese & fresh fruit	Toast with spread & fresh fruit	Porridge & fresh fruit
Lunch	Vegetable pasta bake with garlic bread & salad or Butternut squash soup with wholemeal rolls	Cottage pie with seasonal vegetables or Baked potato with beans & salad	Homemade chicken burger with sweet potato wedges or Vegetable soup with wholemeal bread	Cod with creamy mashed potato & seasonal vegetables or Pesto pasta	Three bean chilli with rice or Cheese & tomato on wholemeal rolls
Pudding	Banana & homemade custard	Coconut yoghurt with fresh mango	Watermelon slices	Mixed fresh fruit salad with low sugar jelly	Mixed berry low sugar crumble with yoghurt
Afternoon Snack	Breadsticks, carrot sticks & cucumber dippers	Banana muffins with carrot sticks	Homemade oat biscuits with sliced pears	Crackers, cheese & grapes	Cheese scones with cucumber sticks



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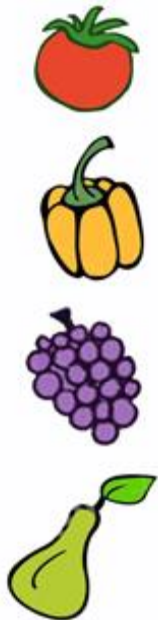
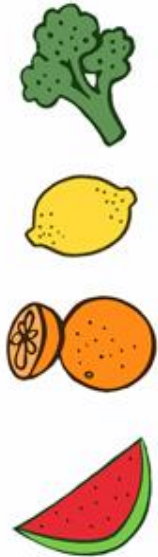
All meat & dairy options may be replaced with free-from alternatives as per individual child's needs.



The Honest Toun Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of cereals & fresh fruit	Toasted bagels & fresh fruit	Fruit loaf & fresh fruit	Wholemeal toast & fresh fruit	Porridge & fresh fruit
Lunch	Vegetable stir-fry or Sweet potato soup with a wholemeal cheese roll	Creamy tuna & sweetcorn pasta bake or Sweet potato curry, rice & naan bread	Roast chicken, creamy mashed potato, carrots & broccoli or Broccoli & cauliflower cheese bake	Sheppard's pie with seasonal vegetables or Tomato & courgette pasta bake with garlic bread	Baked potato with beans & salad or Vegetable soup with wholemeal bread
Pudding	Homemade fruit & oat biscuits	Orange slices	Yoghurt & fresh fruit	Low sugar berry crumble with yoghurt	Banana & homemade custard
Afternoon Snack	Oatcakes with cheese spread & fresh fruit	Homemade scones, cheese cubes & grapes	Low sugar banana cakes	Carrot, cucumber & pepper dippers	Pastry pinwheels



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