



Keiki Day Care

Week 2	Snack	Lunch	Tea
Monday	Rice cakes and apples Milk/ water Mixed fruit	Turkey a la king & rice Milk/ water Fruit salad	Corn quesadillas & cucumber Milk/ water Fairy cakes
Tuesday	Toasted tea cakes Milk/ Water pears	Chicken casserole with potatoes and vegetables Milk/ water Blue Keiki Meringue	Selection of sandwiches and vegetable sticks Milk/ water Fruit salad
Wednesday	Bruschetta with tomato and basil Milk/ water Orange wedges	Chilli con carne with bulgur wheat Milk/ water Fruit salad	Spinach and cheese pancakes Milk/ water Mixed fruit Jelly
Thursday	Greek yoghurt Milk/ Water Raisins	Farfalle pasta with broccoli and ricotta cheese Milk/ water Ginger bread	Sour scones and vegetable sticks Milk/ water Mixed fruit
Friday	Crackers with cheese Milk/ water Peppers and cucumber	Homemade fish goujons with potato wedges and peas Milk/ water Fruit salad	Winter vegetable soup with Orzo pasta Milk/ water Fruit tart

Please note that alternatives are prepared according to dietary requirements



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Monday	Whole-wheat breadsticks	Vegetable curry with coconut rice	Ham and cheese croissants or cheese and tomato
Week 3	Snack Milk/ water	Lunch Milk/ water	Tea Milk/ water
	Dried Fruits	Mixed fresh fruit	Eve's pudding
Tuesday	Homemade Crusty bread	Chicken Stir-fry with noodles	Pizza and salad
	Milk/ Water	Milk/ water	Milk/ water
	Grapes	Hot chocolate	Fruit salad
Wednesday	Vegetable sticks with homemade dips	Spinach and ricotta tart with boiled potatoes	Lentil soup with pitta bread strips
	Milk/ water	Milk/ water	Milk/ water
		Orange wedges	Homemade biscuits
Thursday	Muffins with cheese	Spaghetti Bolognese	Vegetable croquettes with tomatoes
	Milk/ Water	Milk/ water	Milk/ water
	Kiwi fruit	Banana split	Oat and fruit crumble
Friday	Crumpets	Homemade fisherman's pie with mixed vegetables	Omelette with vegetable sticks
	Milk/ water	Milk/ water	Milk/ water
	Apple slices and raisins	Greek yoghurt and blueberries	Banana loaf

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Monday	Rice cakes	Cottage pie and seasonal vegetables	Cheesy garlic bread and cherry tomatoes
Week 4	Snack Milk/ water	Lunch Milk/ water	Tea Milk/ water
	Apple slices with honey	Mixed fresh fruit	Rice pudding
Tuesday	Greek yoghurt	Vegetable pasta bake	Selection of filled rolls
	Milk/ Water	Milk/ water	Milk/ water
	Apricots	Bananas and custard	Orange wedges
Wednesday	Crackers and cheese	Creamy Vegetable Risotto	Tomatoes and roasted red pepper soup with crusty bread
	Milk/ water	Milk/ water	Homemade brownie bites
	Grapes	Jelly and Fruit	
Thursday	Vegetable wedges with dips	Roast chicken and trimmings	Selection of sandwiches
	Milk/ Water	Milk/ water	Milk/ water
	Pitta bread	Homemade Lemon drizzle cake	Mixed fruit
Friday	Toasted tea cakes	Tuna and pasta bake	Vegetable fajitas
	Milk/ water	Milk/ water	Milk/ water
	Orange wedges	Greek yoghurt and blueberries	Hot chocolate

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Monday	Whole-wheat Breadsticks Milk/ water Vegetables and dips	Macaroni cheese with peas and green beans Milk/ water Banana and custard	Ham and cheese croissants or cheese and tomato Milk/ water Fruit Salad
Tuesday	Cheese on toast Milk/ Water Mixed fruit	Chicken casserole With chunky vegetables Milk/ water Homemade Vanilla biscuits	Homemade Olive bread and peppers Milk/ water Peaches and crème fraiche
Wednesday	Muffins with fruit coulis Milk/ water Apple slices	Jacket potatoes with cheese and beans Milk/ water Jelly and Fruit	Pitta bread and dips Milk/ water Mixed fruit
Thursday	Rice cakes Milk/ Water Tomato and cucumber	Sausage and mash with seasonal vegetables Milk/ water Greek yoghurt and blueberries	Selection of sandwiches Milk/ water Dried fruits
Friday	Crumpets Milk/ water Pears	Spaghetti and meatballs Milk/ water Banana loaf	Carrot and coriander soup with pitta bread Milk/ water yoghurts

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