

Great Wood Farm Menu

Week 2	Monday 22nd February	Tuesday 23rd February	Wednesday 24thFebruary	Thursday 25th February	Friday 26th February
Breakfast (8-8.45am) Options Available	Cereal, Porridge, Pancakes & Crumpets Fresh Fruit Toast & Jam	Cereal, Porridge, Pancakes & Crumpets Fresh Fruit Toast & Jam	Cereal, Porridge, Pancakes & Crumpets Fresh Fruit Toast & Jam	Cereal, Porridge, Pancakes & Crumpets Fresh Fruit Toast & Jam	Cereal, Porridge, Pancakes & Crumpets Fresh Fruit Toast & Jam
Morning Snack Milk or Water	Bagels and cream cheese	Cheese biscuits and sliced grapes	Bread sticks & hummus	Cheddar cheese triangles and crackers	Selecting time
Lunch (12pm)	Shepherd's pie, squash, swede and peas Sliced peaches and raspberries	Roast chicken fillets , roast potatoes with carrots and broccoli Selection of fresh fruits	Beef tagine, new potatoes with peas and sweetcorn * Apple and raisin strudel	Steamed cod and parsley sauce with mashed potatoes ,carrots and peas * Shortcake and strawberries	Thai sweet chilli pork with stir fry noodles Selection of fresh fruits
Afternoon Snack Milk or Water	Rice cakes	Toast and marmalade	Selecting time	Selection of fresh fruits	Fruit bread
Tea (4pm)	Provincial tomato pasta and grated cheese * Oat drop shorties	Jacket potatoes with tuna and cheese Fromage frais	Winter vegetable soup with sliced olive bread Selection of fresh fruits	Spaghetti hoops in tomato sauce on toast Fromage frais	Sausages, mashed potato and baked beans Sliced melon
Tea (Under 1's)	Food for under 1's will be	Personalised to suit the individual	Childs needs and stage of weaning		

Water and fresh fruit is available throughout the day and at meal times. Menu may change occasionally without notice.

All meals are freshly made in our on-site kitchen using good quality meats and local produce where possible.

* All cakes are freshly made using reduced sugar recipes where possible. All meals are adapted for dietary/allergy/religious needs where possible.

Snack boxes for each room are stocked each week with a variety of snack to be able to offer an alternative.

