

# Earlybird Summer Menu

Custodian Training: Module 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Toast and Baked Beans	Corn Flakes	Weetbix	Wheatipuffs	Rice Crispies
<b>Morning Snack</b> <i>(suggestions to make at home)</i>	Popcorn & Fruit	Yoghurt & Mango	Almonds & Berries	Carrots & Raisins	Wholewheat Biscuits
<b>Lunch W1</b>	Macaroni Cheese & Butternut	Chicken Nuggets, Potato Salad and Sweetcorn	Beef/Lamb Stir-fry & Green Beans	Spaghetti Spiders & Carrots	Pizza, Carrots & Baby Tomatoes
<b>Lunch W2</b>	Tuna Pasta & Peas	Chicken Strips, Potato Wedges & Carrots	Biryani/ Fried Rice	Pulled Lamb, Potato Salad & Sweetcorn	Eggy Bread, Cucumber & Baby Tomatoes
<b>Afternoon Snack</b> <i>(suggestions to make at home)</i>	Cheese & Crackers with Apple	Banana & Almonds	Popcorn & Watermelon	Rice Cakes & Cream Cheese	Yoghurt & Mango

