

Karebears Sample Menus

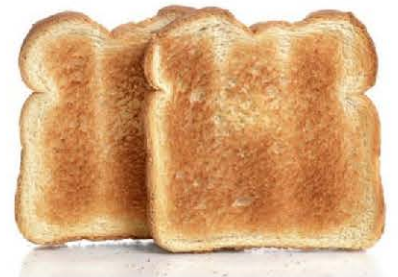
Breakfast



Cereal

Porridge

Toast



Hot Meals (Served at 12noon)

Week 1

Spaghetti Bolognese and garlic bread

Chicken Korma and Prawn Crackers

Sausage Casserole and Crusty Bread

Baked Bean Chilli and rice

Spaghetti Carbonara and Garlic Bread

Week 2

Chicken Casserole and Crusty Bread

Beef Stew and Dumplings

Spaghetti and Meatballs and Garlic Bread

Chicken Tikka Curry and Rice

Beef and Potato Casserole with Crusty Bread

Evening Meal (Served at 3.30pm)

*No set menu, examples below

Sandwiches (Variety of fillings)

Cheese on toast

Beans on toast

Sausage rolls

Pizza

(Served with a yoghurt, fruit, salad and crisps)

Fish Fingers, Smiley Faces and Beans

Chicken Nuggets, Waffles and Spaghetti Hoops



Desserts



Mixed fruit and custard

Jam roly poly and custard

Chocolate sponge mini roll

Jelly And Ice Cream

Mixed fruit and yoghurt

Artic Roll and Fruit

Fruity Flapjack

Banana Cake with Custard

Iced sponge with sprinkles

Snacks

Apples	Ham
Banana	Cheese
Raisins	Grapes
Buttered crumpets	Prawn crackers
Biscuits	Oranges
Buttered toast	Cucumber
Raw carrots	Crackers
Scones with Jam	Buttered Wrap

Drinks



Fresh Whole Milk

Water

Squash (no added sugar)



All of our menus are subject to change or substitution, but will only vary slightly to foods mentioned above.

Please let us know if your child has any dietary requirements or allergies, ideally providing us with specific details and a list of prohibited items.