

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Over 2's- Water, selection of diluted fruit juices or milk. Under 2's Milk or Water	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter
Mid- Morning Snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or Water	Mixed Berries (Blueberries, Raspberries & Blackberries) Drinks: Milk or Water	Carrot & Cucumber sticks Drinks: Milk or Water	Rice Cakes Drinks: Milk or Water	Mixed Berries & Natural Yoghurt Drinks: Milk or Water	Oranges and Pears Drinks: Milk or Water
LUNCH Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only	Fish cakes, Potato Wedges & Sweetcorn Fruit Platter	Spaghetti Bolognese with Peas & Garlic Bread Carrot and Raisin Cake	Mini Pizza, Sweet Potato wedges & Baked Beans Fruit Yoghurts	Chicken Dinner- Roast Potatoes & Root mash with Gravy Homemade Chocolate Brownie	Sneaky Pie (Pastry base with diced vegetables, baked beans, topped with mashed potato & grated cheese) Mixed Berry Jelly
TEA Planned to provide 20% of a child's daily nutritional requirements Drink: Milk or Water	Spaghetti Hoops on Toast	Crumpets with Cucumber Sticks & Cherry Tomatoes	Jacket Potato Tuna & Sweet corn	Scrambled Egg on Toast	Ham & Cheese Toasties
Late- Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or Water	Red & Yellow Pepper Sticks Drinks: Milk or Water	Watermelon & Apple Slices Drinks: Milk or Water	Pineapple & Melon Drinks: Milk or Water	Strawberries & Banana Drinks: Milk or Water	Breadsticks & Soft Cheese Drinks: Milk or Water
Note: Fresh drinking water is available and accessible at all times					

The Vale Resort recognises that it works with a comprehensive list of ingredients and menu items may contain or come into contact with one or more of the 14 common allergens. If concerned, please speak to our staff about the ingredients in the meals provided.

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Over 2's- Water, selection of diluted fruit juices or milk. Under 2's Milk or Water	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter
Mid- Morning Snack Planned to provide 10% of a child's daily nutritional requirements	Cucumber & Cherry Tomatoes Drinks: Milk or Water	Red Pepper & Carrot Sticks Drinks: Milk or Water	Apple & Strawberries Drinks: Milk or Water	Breadsticks with Hummus Drinks: Milk or Water	Pineapple & Kiwi Drinks: Milk or Water
LUNCH Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only	Sausages, Sweet Potato Mash, Peas & Cabbage Fruit Platter	Pork & Apple Casserole Topped with Mashed Potato Chocolate Chip Cookies	Homemade Lasagne, Cucumber & Carrot Sticks Fruit Cream Tarts	Chicken & Vegetable Pasta Bake in a Tomato Sauce Chocolate & Orange Marble Cake	Fisherman's Pie with Broccoli & Sweetcorn Bananas & Custard
TEA Planned to provide 20% of a child's daily nutritional requirements Drink: Milk or Water	Cheese & Ham Muffin Pizza's	Tea Cakes with Apples Slices	Ham and Cheese Omelette	Tuna, Egg, or Chicken soft rolls	Jacket Potato, Cheese & Beans
Late- Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements	Rice Cakes Drinks: Milk or Water	Watermelon & Oranges Drinks: Milk or Water	Natural Yoghurt & Banana Drinks: Milk or Water	Yellow Pepper & Cucumber Sticks Drinks: Milk or Water	Mixed Berries Drinks: Milk or Water

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Over 2's- Water, selection of diluted fruit juices or milk. Under 2's Milk or Water	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter
Mid- Morning Snack Planned to provide 10% of a child's daily nutritional requirements	Mixed Berries (Blueberries, Raspberries & Blackberries) Drinks: Milk or Water	Carrot & Cucumber sticks Drinks: Milk or Water	Rice Cakes Drinks: Milk or Water	Mixed Berries & Natural Yoghurt Drinks: Milk or Water	Oranges and Pears Drinks: Milk or Water
LUNCH Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only	Tomato & Coconut Chicken Curry with Rice Jam Tarts	Pasta in Tomato & Pureed Vegetable Sauce Topped with Cheese Chocolate Dipped Strawberries	Sausage Casserole, New Potatoes, Carrots & Peas Oat & Raisin Cookie	Mild Chilli Con Carne & Vegetables with a Jacket Potato Chocolate or Blueberry Muffins	Chicken Goujons, Chips & Baked Beans Rice Pudding
TEA Planned to provide 20% of a child's daily nutritional requirements Drink: Milk or Water	Ham & Cheese Potato Skin Wedges	Lamb Stew with Bread	Crackers, Cheese, Ham, Chicken & Cherry Tomatoes	Tomato Soup with Bread	Roast Turkey Wraps with Carrot & Cucumber Sticks
Late- Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements	Red & Yellow Pepper Sticks Drinks: Milk or Water	Watermelon & Apple Drinks: Milk or Water	Pineapple & Melon Drinks: Milk or Water	Banana & Strawberries Drinks: Milk or Water	Breadsticks & Soft Cheese Drinks: Milk or Water
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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Over 2's- Water, selection of diluted fruit juices or milk. Under 2's Milk or Water	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter	Weetabix, Rice Krispies, Cornflakes or Porridge White/Seeded Toast with butter
Mid- Morning Snack Planned to provide 10% of a child's daily nutritional requirements	Cucumber & Cherry Tomatoes Drinks: Milk or Water	Red Pepper & Carrot Sticks Drinks: Milk or Water	Apples & Strawberries Drinks: Milk or Water	Breadsticks with Hummus Drinks: Milk or Water	Pineapple & Kiwi Drinks: Milk or Water
LUNCH Planned to provide 30% of a child's daily nutritional requirements Drink: Water Only	Shepherd's Pie with Broccoli and Green Beans Fruit Platter	Sweet & Sour Chicken with Noodles Fruit Scones with Jam & Cream	Battered Cod Pieces, Mushy Peas and Skinny Chips Apple Crumble & Custard	Ham & Cheese Pasta with Peas & Carrots Homemade Banana Bread	Creamy Chicken & Vegetable Pie with Mashed Potato Natural Yoghurt and Fruit
TEA Planned to provide 20% of a child's daily nutritional requirements Drink: Milk or Water	Selection of Sandwiches- Jam, Ham & Cheese	Leek & Potato Soup with Bread	Tuna, Cheese or Ham pitta's	Pancakes with Fresh Fruit	Beans on Toast
Late- Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements	Rice Cakes Drinks: Milk or Water	Watermelon & Oranges Drinks: Milk or Water	Natural Yoghurt and Bananas Drinks: Milk or Water	Yellow Pepper & Cucumber Sticks Drinks: Milk or Water	Mixed Berries Drinks: Milk or Water
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