



Our Happy Niños Menu



- Fresh filtered water available at all times
- Milk served at breakfast, during morning and afternoon snack
- Gluten, lactose and egg free alternatives are available and substitutes will be provided when required

WEEK 1	(V) BREAKFAST (8:00-9:15)	(V) SNACK (10:00)	LUNCH (11:30-12:00)			(V) SNACK (14:30)	(V) TEA (16:30)	
			(V) Vegetable Side	Main	(V) Dessert		Main	Side dish
Monday	White Toast With Spread And Avocados	Strawberries	Garden Peas	Spinach, Chicken And Cheese Filled Wholegrain Tortillas With Sweet Potatoes (V) Spinach, Quorn Chicken And Cheese Filled Wholegrain Tortillas With Sweet Potatoes	Greek Yoghurt With Fresh Fruits	Rice Cakes With Cream Cheese Topping	Homemade Soup With Lentils And Fresh Homemade Bread	Apples And Cucumber Slices
Tuesday	Porridge With Bananas	White Pitta Bread With Cream Cheese	Carrots	(V) Tuna And White Pasta Bake With Cheese From The Oven	Peach Slices In Juice	Watermelon	Beans And Cheese Filled Wholemeal Pittas From The Oven With Tomatoes	Orange Slices
Wednesday	Cornflakes Or Rice Krispies With Raspberries	Pineapple	Long Stem Broccoli	Cottage Pie (V) Vegetable And Chickpea Pie	Greek Yoghurt With Strawberries	Crackers With Grated Cheese	Tuna And Sweetcorn Wholegrain Bagels	Carrot And Cucumber Sticks
Thursday	Wholegrain Toast With Tomatoes And Oranges	Breadsticks With Houmous	Corn On The Cob	(V) White Pasta With Lentil Bolognese	Mandarin Slices With Yoghurt	Raspberries	Salmon fish Cakes On A Bed Of Rocket And Cucumber	Carrot Sticks With A Mint Yoghurt Dip
Friday	Weetabix With Strawberries	Oranges	Fresh Mixed Salad Of Tomatoes, Cucumber And Lettuce	(V) Jacket Potato Topped With Beans And Cheese	Fresh Mixed Fruit Salad Of Apples, Watermelon And Pineapple	Crackers With Yoghurt Dip	Mushroom And Cheese Omelette With Finger White Toast	Red Pepper Sticks

NOTE - The menu is subject to change based on availability of ingredients or the requirement to amend the meals due to children with allergies or intolerances



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WEEK 2	(V) BREAKFAST (8:00-9:15)	(V) SNACK (10:00)	LUNCH (11:30-12:00)			(V) SNACK (14:30)	TEA (16:30)	
			(V) Vegetable Side	Main	(V) Dessert		Main	Side dish
Monday	Porridge With Bananas	Oranges	Broccoli	(V) Chickpea Curry With White Rice	Greek Yoghurt With Cherry Compote	Breadsticks With Houmous	Ham, Cheese And Tomato Wholewheat Pitta Pockets From The Oven (V) Butter Beans, Cheese And Tomato Wholewheat Pitta Pockets From The Oven	Cucumber And Carrot Sticks
Tuesday	Wholegrain Toast With Spread And Avocados	Carrot And Cucumbers Sticks With Mint Yoghurt Dip	Baby Carrots	Meatballs With Wholegrain Spaghetti In Fresh Tomato Sauce With Cheese (V) Quorn Meatballs With Wholegrain Spaghetti In Fresh Tomato Sauce With Cheese	Peach Slices In Juice	Rice Cakes	(V) Houmous And Spinach Wholegrain Bagels	Raspberries And Oranges
Wednesday	Weetabix With Strawberries	White Pitta Bread With Houmous	Mixed Vegetables (Carrots, Broccoli & Cauliflower)	Chicken Jambalaya With White Rice (V) Tofu Jambalaya With White Rice	Greek Yoghurt With Peach Compote	Pineapple	(V) Make Your Own Pizza (Pepperoni, Ham, Cheese, Tofu)	Tomato Slices And Cucumber
Thursday	Cornflakes Or Rice Krispies With Raspberries	Apples	Runner Beans	(V) Kidney Bean Chilli Stew With Cream And Boiled Potatoes	Mandarin Pieces In Juice	Crackers With Grated Cheese	Ham, Cheese And Houmous Finger Sandwiches (V) Cheese And Houmous Finger Sandwiches	Carrot Sticks And Pineapple
Friday	White Toast With Tomatoes And Oranges	Rice Cakes With Cream Cheese Topping	Fresh Mixed Salad Of Tomatoes, Cucumber And Lettuce	Beef Lasagne (V) Lentil Lasagne	Greek Yoghurt With Strawberry Puree	Watermelon	(V) Egg And Cheese Muffin Cups	Toast Fingers And Avocado

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