

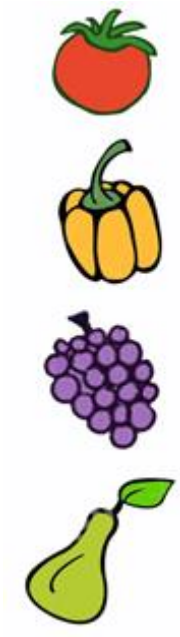
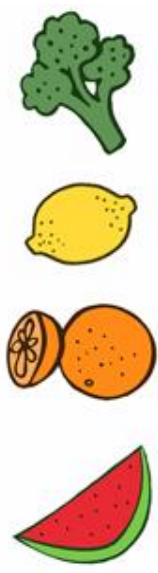
Happitots South Lanarkshire Menu



All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (*served with Fresh Fruit)	Selection of cereals*	Wholemeal toasts with a selection of spreads*	Waffles*	Selection of cereals*	Wholemeal toasts with a selection of spreads*
Lunch	Macaroni cheese with fresh tomatoes or Vegetarian burgers with potatoes & beans	Fish fingers with potato wedges & sweetcorn or Lentil soup with crusty bread	Chicken curry with fluffy rice or Assorted, filled wraps served with vegetable sticks	Mince & potatoes or Tomato soup with bread	Tomato pasta or Pizza & salad
Pudding	Yoghurt	Home Baked Goods	Jelly	Home Baked Goods	Ice Cream
Afternoon Snack (*served with Fresh Fruit)	Breadsticks with a variety of dips*	Crackers & cheese*	Cheese fingers*	Pancakes with butter*	Scones*



All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (*served with Fresh Fruit)	Selection of cereals*	Bagels with a selection of spreads*	Toasted crumpets with a selection of spreads*	Toast with a selection of spreads*	Selection of cereals*
Lunch	Chicken noodle soup with wholemeal bread or Tomato pasta	Burgers with cheese & salad or Vegetable stir fry	Chili con Carne with fluffy rice or Selection of sandwiches & salad	Fish, potato wedges & garden peas or Macaroni Cheese	Sausage with creamy mashed potato or Tomato soup with wholemeal bread
Pudding	Yoghurt	Home Baked Goods	Angel Delight	Home Baked Goods	Rice Pudding
Afternoon Snack (*served with Fresh Fruit)	Pancakes with butter*	Digestive biscuits*	Scones with a selection of spreads*	Sandwiches filled with ham or cheese with celery and carrot sticks	Breadsticks with a selection of dips*

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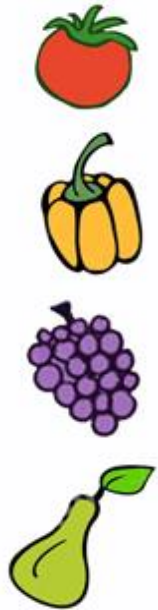
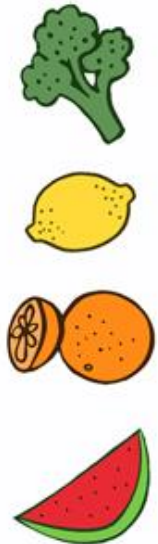
Happitots South Lanarkshire Menu



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (*served with Fresh Fruit)	Selection of cereals*	Toasted crumpets with a selection of spreads*	Wholemeal toast with banana	Selection of cereals*	Wholemeal toast with a selection of spreads*
Lunch	Sweet & Sour Chicken with fluffy rice or Lentil soup	Pasta Bolognese served with salad or Vegetable soup	Spaghetti Carbonara or Pizza served with salad	Chicken & sweetcorn pie with new potatoes or Assorted sandwiches served with vegetable sticks	Hot Dogs or Quorn sausages, potato wedges & garden peas
Pudding	Yoghurt	Home Baked Goods	Rice Pudding	Home Baked Goods	Bananas with Custard
Afternoon Snack (*served with Fresh Fruit)	Digestive biscuits*	Crusty bread with cheese or ham*	Pancakes*	Pitta breads & carrots with a selection of dips	Crackers & Cheese with sliced apples



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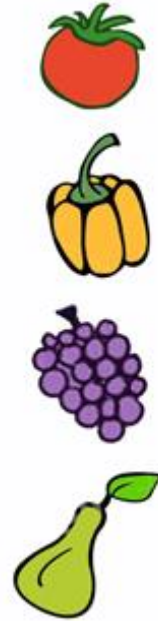
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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (*served with Fresh Fruit)	Selection of cereals*	Toasted Waffles*	Wholemeal toast with a selection of spreads*	Toasted muffins with a variety of spreads*	Selection of cereals*
Lunch	Chicken goujons with potatoes or Lentil soup	Spaghetti Bolognese or Quorn sausages, spicy wedges & garden peas	Lorne Sausage & potatoes or Sandwiches with an assortment of fillings served with carrot, pepper and cucumber sticks	Spanish Chicken with fluffy rice or Vegetarian burgers with potatoes & mixed vegetables	Sausage Plait & beans or Vegetable soup
Pudding	Yoghurt	Home Baked Goods	Sugar-free Angel Delight	Home Baked Goods	Custard
Afternoon Snack (*served with Fresh Fruit)	Crackers with cheese and sliced apples	Scones*	Digestive biscuits & butter*	Pancakes*	Breadsticks, peppers & cucumbers with a variety of dips



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