



Barrachnie Lunch Menu



Week 1	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits.	Mixed Vegetable Soup. Selection of wraps - Ham, Cheese, Tuna, and Chicken. Natural Yoghurt with Fruit.	Cracker bread with Grated Cheese. Grated Carrot and a Selection of Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits.	Red Pepper, Sweet Potato Soup and lentil. Fish Fingers with Low Salt/Sugar Beans. Banana with Low Sugar Custard.	Rice cakes with ham slices, Cucumber sticks, and a Selection of Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits.	Leek and Potato Soup. Chicken and Vegetable Casserole with Rice. Natural Yoghurt with Toasted Oats and Dried Fruit.	Breadsticks, Chicken Slices and houmous with Grated Carrot and a Selection of Fruit.
Thursday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits.	Garlic Bread Slices Penne Carbonara with parmesan and peas Natural Yoghurt with Fruit.	Pitta Pockets, Ham Slices, Cherry Tomatoes and Selection of Fruit.
Friday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits.	Lentil Soup Mince and Potatoes with veg Sugar free Jelly and Fruit.	Bagels with Spreading Cheese. Cucumber sticks and Mixed Berries.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water are provided at all snack and mealtimes.

Allergies/intolerances and other dietary requirements are catered for by adapting ingredients to offer equivalent alternatives.

Menus have been created by following the Nutritional guidance and food standards for early years childcare providers in Scotland - 'Setting the Table'



Barrachnie Lunch Menu



Week 2	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits	Carrot and Coriander Soup. Breaded Fish with crushed new potatoes and peas Creamed Rice and pineapple.	Pitta Pockets with Chicken Slices. Grated Carrot and Selection of Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits	Garlic Bread Slices. Chicken and Broccoli Pasta Natural Yoghurt with Fruit.	Oatcakes with Grated Cheese. Cucumber and a Selection of Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits	Cauliflower and Caramelised Onion Soup. Sausage, Mashed Potatoes and Mixed Vegetables. Banana and Low Sugar Custard.	Cracker bread, grated cheese with Cucumber sticks and Fruit
Thursday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits	Mixed Veg Soup Cheese and leek risotto. Natural Yoghurt with Mixed berries.	Bagels with Spreading Cheese. Cherry Tomatoes, and a Selection of Fruit.
Friday	Choice of low salt and sugar breakfast cereals, with toast and a selection of fresh fruits	Chicken and Rice soup Selection of Sandwiches - Ham, Chicken, Cheese and Tuna Low Sugar Jelly and Fruit.	Rice Cakes with Ham Slices. Grated Carrot and a Selection of Fruit.

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