

Cub 18 Day Menu Cycle

Day	1	2	3	4	5
Breakfast	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.
Mid Morning Snack	Fromage frais & apple slices	Carrot, cucumber & breadsticks with hummus	Crackers with blueberries & pears	Lentil rice cakes with avocado spread	Buttered oatcakes with tiny cheese & grapes
Lunch	Seasonal vegetable & chickpea chilli with fluffy rice - Watermelon slices	Homemade coconut crumb fish fingers with sweet potato mash & peas - Baby cheesecake	Lasagne roll ups with sweetcorn & garlic bread - Homemade mango frozen yoghurt	Salmon & potato fishcakes with roasted courgette, pepper, & tomato - Rice pudding with raisins & apricots	Chicken & white bean noodle soup with crusty bread - Apple crumble with sugar free custard
Mid Afternoon Snack Milk offered	Crackers with cream cheese & cherry tomatoes	Mini rice cakes & banana	Oaty fruit muffins	Homemade mini cheddar stars with oranges	Seasonal fruit smoothie
High Tea	Wholemeal macaroni cheese with pesto & peas - Seasonal berries	Smokey bean & cheese quesadillas - Kefir yoghurt	Homemade flatbreads with lentil dahl & cheese fingers - Kiwi	Tuna mayonnaise with a jacket sweet potato and carrot & cucumber sticks - Pear slices	Courgette egg bread with cheese & tomato salad - Vanilla yoghurt with honey

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Day	6	7	8	9	10
Breakfast	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.
Mid Morning Snack	Bagel bites with cream cheese & grapes	Pineapple slices & breadsticks	Crackers & satsumas	Grapes, apple, & buttered oatcakes	Homemade granola bars
Lunch	Cheesy fish pie with green beans - Banana chia pudding	Cheddar, lentil & quorn spaghetti bolognese - Mango rice pudding	Chicken pesto & pea pasta with grated mozzarella - Apple & carrot loaf	Jacket Potato with baked beans, cheese, and salad - Peaches & low sugar cream	'More veg than beef' chilli con carne with rice & cheese - Stewed pears & strawberry yoghurt
Mid Afternoon Snack Milk offered	Breadsticks with beetroot dip	Savoury flapjack	Rice cakes & plums	Avocado sandwich cubes	Carrot, cucumber & pita with tzatziki dip
High Tea	Chicken, cheese & spinach open top tart - Pear & blueberries	Vegetable & bean soup with wholemeal rolls - Mini apples	Salmon, broccoli & cheese pasta - Healthy strawberry milkshake	Sheet pan berry pancakes - Banana & crème fraiche	Tuna & cheese toastie bites with pepper & tomatoes - Melon & raspberries

Cub 18 Day Menu Cycle

Day	11	12	13	14	15
Breakfast	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.
Mid Morning Snack	Oatcakes with cream cheese & apples	Breadsticks with kiwi	Brioche with grated cheese & strawberries	Low sugar fruit toast	Wholegrain crackers with seasonal berries
Lunch	Roasted vegetable & beef ragu with grated mozzarella Honeydew melon	Mild coconut, pea & chicken curry with rice Cherry berry crumble with custard	Vegetable & lentil cottage pie Orange & sultana milk pudding	Lemon & cheddar chicken bites with corn on the cob & homemade chips Healthy homemade banana ice-cream with granola sprinkles	Orange & soy glazed cod with mangetout, baby sweetcorn & buttery boiled potatoes Baked apples with raisins & honey
Mid Afternoon Snack Milk offered	Toasted pita with avocado	Watermelon & rice cakes	Fruity seedy oat bites	Cucumbers, yellow peppers & breadsticks with hummus	Banana, oat, Greek yoghurt muffins
High Tea	Beans on wholemeal bear toast with boiled eggs Greek yoghurt & fruit puree	Tuna, sweetcorn & avocado quesadillas Banana with vanilla & honey yoghurt	Cheesy pea & grain risotto Apple slices	Parsnip, butterbean & apple soup with a wholemeal roll & spread Fromage frais	Roast vegetable & red lentil pasta Fruit smoothie

Cub 18 Day Menu Cycle

Day	16	17	18
Breakfast	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.	A selection of low sugar cereals, fruit, toast, and crumpets.
Mid Morning Snack	Figgy porridge fingers	Toasted pita with butter bean dip	Banana on toasted muffins
Lunch	Turkey meatballs with hidden vegetable tomato sauce and spaghetti - Poached pears with cinnamon & Greek yoghurt	Cornflake chicken dippers with cheesy sweet potato & peas - Frozen fruit yoghurt bark	Scrummy beef stew with carrot, potato & dumplings - Raspberry and strawberry oaty bake
Mid Afternoon Snack Milk offered	Banana and breadsticks	Homemade cinnamon apple & banana chips	Pot of sweetcorn & cucumber
High Tea	Crustless quiche with sardines, potato salad and pepper sticks - Children's avocado chocolate mousse	Baby friendly lamb kebabs with warm pitta, tzatziki, & cucumber - Rainbow fruit salad	Chicken & corn fajita wraps with homemade salsa & cheese - Skyr yoghurt & honey