



Tiggles & Giggles
A Home from Home Service

Tiggles & Giggles Childminding Service



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Week1 Menu

	Breakfast	Morning Snack Time	Lunch	Afternoon Snack Time	Tea
Monday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Beans on Toast	Fruits/ Veg/ Yogurt	Lasagne With Mixed Veg
Tuesday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Sandwiches	Fruits/ Veg/ Yogurt	Shepherd Pie with Mixed Veg
Wednesday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Sausage rolls	Fruits/ Veg/ Yogurt	Rice with Chilli-con Carne and Mixed Veg
Thursday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Pancakes/ Waffles	Fruits/ Veg/ Yogurt	Spaghetti Bologna's with Carrots & Broccoli
Friday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Cocktail Sausages & Scotched Egg	Fruits/ Veg/ Yogurt	Chips with Chicken Nuggets/ Drummers with Mixed Veg

Week2 Menu

	Breakfast	Morning Snack Time	Lunch	Afternoon Snack Time	Tea
Monday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Sandwiches	Fruits/ Veg/ Yogurt	Jollof Rice with Chicken and Mixed Veg
Tuesday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Pancakes/ Waffles	Fruits/ Veg/ Yogurt	Cottage Pie with Mixed Veg
Wednesday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Beans on Toast	Fruits/ Veg/ Yogurt	Bangers & Mash with Peas
Thursday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Breadsticks/ Crackers	Fruits/ Veg/ Yogurt	Fish Pie with Mixed Veg
Friday	Cereal/ Toast/ Croissant	Fruits/ Veg/ Yogurt	Sausage rolls	Fruits/ Veg/ Yogurt	Tuna Conchiglie Bake