

Sample Weekly Menu

Week 1	Breakfast up to 8.30am	AM snack	Lunch: 11.00/11.15	Veg Option	Dessert	PM snack	Tea
Monday	Choice of cereals Toast Fresh fruit Milk/Water	Fresh fruit Milk/Water Crackers and cheese	Pasta in a creamy, pepper and butter bean sauce, topped with cheese. Served with garlic bread and salad.		Fresh fruit pots	Fresh fruit Milk/Water Selection of veg sticks	Mini egg and vegetable muffins Mini cheese and veg muffins (V) Served with cucumber and carrot sticks Variety of sandwiches (cheese and cucumber, jam) (V) (egg, chicken slices) Served with lentil crisps Chicken and sweetcorn pasta (cold) Pasta salad with cucumbers, tomatoes and sweetcorn (V) Served with salad
Tuesday		Fresh fruit Milk/Water Breadsticks and hummus	Chicken and fresh pepper biryani Served with cucumber yogurt salad	Mix vegetable and lentil biryani Served with cucumber yogurt salad	Home-made choc chip biscuits Fresh fruit	Fresh fruit Milk/Water Wholemeal Toast	
Wednesday		Assorted Fresh fruit Milk/Water	Lamb mince bolognaise with home-made tomato sauce Served with salad	Quorn mince bolognaise with home-made tomato sauce Served with salad	Fruit yogurt Fresh fruit	Assorted Fresh fruit Milk/Water	
Thursday		Fresh fruit Milk/Water Wholemeal toast	Moong dhal rice, yogurt curry and curried potatoes Served with salad		Home-made jam sponge cake and custard Fresh fruit	Fresh fruit Milk/Water Breadsticks and hummus	Cheese and onion, potato puff parcels (V) Served with beans and salad
Friday		Fresh fruit Milk/Water Selection of veg sticks	Roast chicken, potatoes, Yorkshire pudding and vegetables Served with vegetable gravy	Roast tofu, potatoes, Yorkshire pudding and vegetables Served with vegetable gravy	Fresh strawberries and vanilla ice-cream Fresh fruit	Fresh fruit Milk/Water Crackers and cheese	Roasted tomato and vegetable soup (V) Served with mini wholemeal rolls

Week 2	Breakfast up to 8.30am	AM snack	Lunch: 11.00/11.15	Veg Option	Dessert	PM snack	Tea
Monday	Choice of cereals Toast Fresh fruit Milk/Water	Fresh fruit Milk/Water Crackers and cheese	Lamb and veg lasagne Served with garlic bread and salad.	Quorn and veg lasagne Served with garlic bread and salad.	Fresh fruit pots	Fresh fruit Milk/Water Selection of veg sticks	Scrambled eggs and beans on toast Beans on toast with cheese (V) Variety of sandwiches (cheese and cucumber, jam) (V) (egg, chicken slices) Served with lentil crisps Tuna pasta bake, topped with cheese
Tuesday		Fresh fruit Milk/Water Breadsticks and hummus	Red split lentil curry and steamed rice Served with broccoli florets and salad		Home-made raison biscuits Fresh fruit	Fresh fruit Milk/Water Wholemeal Toast	Served with lentil crisps Tuna pasta bake, topped with cheese
Wednesday		Assorted Fresh fruit Milk/Water	Vegetable fingers, oven baked chips and spaghetti hoops Served with salad		Fruit yogurt Fresh fruit	Assorted Fresh fruit Milk/Water	Vegetable pasta bake, topped with cheese (V) Served with salad
Thursday		Fresh fruit Milk/Water Wholemeal Toast	Chicken curry with potatoes and peas Served with home-made chapati and salad	Tofu curry with potatoes and peas Served with home-made chapati and salad	Home-made chocolate sponge cake and custard Fresh fruit	Fresh fruit Milk/Water Breadsticks and hummus	Potato wedges, Quorn sausages, peas and onion gravy (V)
Friday		Fresh fruit Milk/Water Selection of veg sticks	Mix fish pie in a creamy white sauce, topped up with home-made mash Served with garden peas	Home-made Butter bean mash, topped with cheese Served with garden peas	Peaches and vanilla ice-cream Fresh fruit	Fresh fruit Milk/Water Crackers and cheese	Baked vegetable samosas (V) Selection of veg sticks Served with a yogurt dip/fresh tomato dip (V)

Week 3	Breakfast up to 8.30am	AM snack	Lunch: 11.00/11.15	Veg Option	Dessert	PM snack	Tea
Monday	Choice of cereals Toast Fresh fruit Milk/Water	Fresh fruit Milk/Water Crackers and cheese	Mix bean pasta bake Served with garlic bread and salad.		Fresh fruit pots	Fresh fruit Milk/Water Selection of veg sticks	Omelette frittata (eggs, spinach, tomatoes and potatoes) Pizza toastie (spinach, tomatoes and cheese topping) V Variety of sandwiches (cheese and cucumber, jam) (V) (egg, chicken slices) Served with lentil crisps
Tuesday		Fresh fruit Milk/Water Breadsticks and hummus	Lamb mince and pea curry and steamed rice Served with cucumber raita	Quorn mince and pea curry and steamed rice Served with cucumber raita	Home-made shortbread biscuits Fresh fruit	Fresh fruit Milk/Water Wholemeal Toast	
Wednesday		Assorted Fresh fruit Milk/Water	Jacket potatoes, tuna and sweetcorn, beans and cheese Served with coleslaw	Jacket potatoes, beans and cheese Served with coleslaw	Fruit yogurt Fresh fruit	Assorted Fresh fruit Milk/Water	Macaroni cheese with sweetcorn V
Thursday		Fresh fruit Milk/Water Wholemeal Toast	Kidney bean curry Served with wholemeal tortilla wraps and salad		Home-made cup cakes Fresh fruit	Fresh fruit Milk/Water Breadsticks and hummus	Salmon fishcakes Vegetable grills V Served with spaghetti hoops and salad
Friday		Fresh fruit Milk/Water Selection of veg sticks	Chicken and mushroom pie in a creamy white sauce. Topped with puff pastry. Served with home-made mash potato and garden peas	Quorn and mushroom pie in a creamy white sauce. Topped with puff pastry. Served with home-made mash and garden peas	Chocolate ice-cream with wafer Fresh fruit	Fresh fruit Milk/Water Crackers and cheese	Baked vegetable spring rolls Selection of veg sticks served with a yogurt dip/fresh tomato dip V

Week 4	Breakfast up to 8.30am	AM snack	Lunch: 11.00/11.15	Veg Option	Dessert	PM snack	Tea
Monday	Choice of cereals Toast Fresh fruit Milk/Water	Fresh fruit Milk/Water Crackers and cheese	Mix pepper tomato and sweetcorn pasta with creamy cheese sauce Served with garlic bread and salad.		Fresh fruit pots	Fresh fruit Milk/Water Selection of veg sticks	Mini carrot waffles, beans and scrambled eggs Mini carrot waffles, beans and cheese V
Tuesday		Fresh fruit Milk/Water Breadsticks and hummus	Egg fried vegetable rice Served with salad Prawn crackers	Tofu vegetable fried rice Served with salad Mini lentil puffs	Home-made gingerbread man biscuit Fresh fruit	Fresh fruit Milk/Water Wholemeal Toast	Variety of sandwiches (cheese and cucumber, jam) (V) (egg and cress, chicken slices with lettuce) Served with lentil crisps
Wednesday		Assorted Fresh fruit Milk/Water	Fish fingers, oven baked chips and garden peas	Fishless fingers, oven baked chips and garden peas	Fruit yogurt Fresh fruit	Assorted Fresh fruit Milk/Water	Vegetable noodles (V)
Thursday		Fresh fruit Milk/Water Wholemeal Toast	Chickpea pilau rice Served with yogurt salad		Home-made blueberry cake Fresh fruit	Fresh fruit Milk/Water Breadsticks and hummus	Cheese flan Served with salad
Friday		Fresh fruit Milk/Water Selection of veg sticks	Vegetable pizza (spinach, fresh tomato and sweetcorn topping) Oven baked chips Served with coleslaw		Raspberry ripple ice-cream with wafer Fresh fruit	Fresh fruit Milk/Water Crackers and cheese	Chicken and vegetable soup Lentil and Vegetable soup (V) Served with mini wholemeal rolls