

Menu

Date:

Any alternatives/celebrations/changes this week –

Week 1	Snack	Lunch	Pudding	Tea
Monday	Milk/water Fruit breadsticks	Shepherdess pie - <i>Quorn mince, diced carrots, peas, topped with homemade mash</i>	Sponge and custard	Scrambled egg on toast Fruit Milk / Water
Tuesday	Milk/water Fruit Raisin and cinnamon bagel	Creamy chicken/Quorn and leek hotpot - <i>Chicken/Quorn, leeks, mixed veg in a creamy white sauce and potatoes</i>	Banana and cinnamon rice pudding	Lentil and carrot soup with brown bread Fruit Milk / Water
Wednesday	Milk/water Fruit Spread on toast sticks	Lamb/chickpea curry, brown rice, Naan bread - <i>Lamb/ mixed veg in a mild tomato sauce with Indian spices, fresh veg, naan bread and rice</i>	Warm winter fruit salad with vanilla sauce	Toasted bagel, celery and cucumber sticks Fruit Milk / Water
Thursday	Milk/water Fruit Oatcakes	Homemade pizza, skin on potato wedges - <i>Fresh base with fresh tomato sauce, various toppings and a side of potato wedges</i>	Banana float	Tuna sandwiches Fruit Milk/ Water
Friday	Milk/water Fruit Breakfast muffins	Jerk chicken, jerk lentils, rice and peas - <i>Fresh chicken in jerk marinade with boiled rice and gungo peas</i>	Bread and butter pudding with cinnamon	Whole meal macaroni cheese with peas Milk/Water Fruit

All dishes are made on the premises with fresh ingredients.

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Weekly meal planner

Date:

Week 2	Snack	Lunch	Pudding	Tea
Monday	Bread sticks Milk/water Fruit	Tomato and lentil lasagna - <i>Mixed lentils with a tomato base, mixed veg, layered with lasagna sheets and a creamy cheese sauce, topped with mozzarella cheese</i> -	Rice pudding and cinnamon	Hot toasted english muffins with boiled egg and ham Fruit Milk/Water
Tuesday	Carrot and cucumber sticks Milk/water Fruit	Roast chicken/ Quorn fillet, basmati rice, fresh veg stir fry - <i>Oven roasted chicken/Quorn fillet with rice and mixed veg stir fried in soy sauce</i>	Natural yoghurt and prunes	Mint raita and cucumber sticks and toast Fruit Milk/ Water
Wednesday	Crumpets and butter Milk/water Fruit	Spaghetti bolognese - <i>Mince beef in a garlic and tomato sauce with mixed veg on top of whole meal spaghetti</i>	Apple crumble and custard	Chicken and sweetcorn soup Brown bread Fruit Milk/water
Thursday	Rice cakes Milk/water Fruit	Chickpea and veg biryani - <i>Mixture of chickpeas and veg with rice in a mild curry sauce</i>	Baked apple and pear	Tuna and sweetcorn pasta salad fruit Milk/water
Friday	Sugar snap peas with hummus	African sweet potato stew - <i>Sweet potato and mixed beans with fresh veg in a sauce with coconut milk and tomato</i>	Semolina and blackberry compote	Fresh homemade vegetable soup, brown bread and butter Fruit Milk/water

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Week 3	Snack	Lunch	Pudding	Tea
Monday	Bread and butter Milk/water Fruit	Jacket potato and vegetable chilli - <i>Baked potato with mixed beans and veg's in a tomato and paprika sauce</i>	Banana float	Ham and salad sandwiches Fruit Milk/water
Tuesday	Breakfast muffins and honey Milk/water Fruit	Boiled bacon/Quorn and cabbage, mash, garden peas, and parsley sauce - <i>Gammon/Quorn with boiled cabbage, mash potato, and garden peas with a cream parsley sauce</i>	Bread and butter pudding	Chorizo and pasta Fruit Milk/water
Wednesday	Toasted bagels with strawberries Milk/water Fruit	Chicken/chickpea korma, basmati rice - <i>Fresh chicken breast cooked in a mild creamy coconut milk-based sauce, mixed spices and rice</i>	Pineapple upside down cake and ice cream	Soft cheese and crackers Fruit Milk/water
Thursday	Breadsticks	Baked bean and veggie sausage hotpot - <i>Mixed beans and veg sausage hotpot in a tomato sauce</i>	Seasonal fruit compote and natural yoghurt	Squash and lentil soup and brown bread Fruit Milk/water
Friday	Oatcakes Milk/water Fruit	Turkey/mixed beans and vegetable pilaf - <i>Turkey breast/mixed beans with mixed veg, spices with a tomato, saffron and yoghurt sauce</i>	Rice pudding and apricots	Scrambled egg on toast Fruit Milk/water

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