

Menu

Week 1



Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	Melon with cubed cheese	Spaghetti bolognaise with hidden vegetable and garlic bread	Natural yogurt and fruit compote	Selection of seasonal Fruit	Omelette popovers served with Mixed Peppers and Carrots
Tuesday	Oranges and bread sticks	Homemade fish goujons with new potatoes, peas and carrots	Apple pie and custard		Pitta bread and fillings
Wednesday	Whole wheat crackers with spreads	Chicken balls, carrots and sweet potato wedges & gravy	Flapjacks		Seasonal vegetable soup and garlic bread
Thursday	Carrot sticks and cucumber dip	Macaroni Cheese with hidden cauliflower & sweetcorn on the side	Fruit Scones		Kumara Chickpea Patties served with a veg sticks
Friday	Rice Cakes with spreads	Surbiyaan Lamb served with Spinach	Homemade short biscuit with fruit compote		Fishfingers with mixed veg

Menu

Week 2



Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	Pears and apple slices	Fish Cakes with green beans	Oat Cakes	Selection of seasonal Fruit	Jacket Potatoes with a selection of Baked beans, tuna, cheese and homemade coleslaw
Tuesday	Cucumber batons with cheese slices	Chili Con Carne with brown rice	Natural yogurt and fruit compote		Fishfingers with mixed veg
Wednesday	Raisins and water biscuits	Chicken sausages, mash potato and peas	Bread and butter pudding		Dahil with coconut milk and naan bread
Thursday	Oranges and bread sticks	Mixed vegetables and bean stew with dumplings	Custard tart		Sandwiches with carrot and cucumber batons
Friday	Whole wheat crackers with spreads	Roast Chicken with seasonal Vegetable and potato	Homemade smoothies		Beans on toast

Menu

Week 3



Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	Split pea dip and pitta bread	Children's jerk chicken, rice and peas	Homemade biscuits	Selection of seasonal Fruit	Sandwiches and vegetable sticks
Tuesday	Rice Cakes with spreads	Cottage pie with turkey mince and hidden Vegetables	Smoothie		Homemade pizza with Baked beans
Wednesday	Cucumber batons with cheese slices	Minestrone soup and homemade bread	Flapjacks		Jacket Potatoes with a three-bean chilli
Thursday	Whole wheat crackers with spreads	Tuna pasta bake	Natural yogurt and fruit compote		Omelette popovers served with Mixed Peppers and Carrots
Friday	Pears and apple slices	Chicken sausages, mash potato and Baked beans	Courgette cake		Dahil with coconut milk and naan bread

Menu

Week 4



Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	Carrot sticks and cucumber dip	Vegetable lentil curry with rice	Fruit pie	Selection of seasonal Fruit	Cheese Flatbread with mushrooms, tomatoes and boiled egg
Tuesday	Oranges and bread sticks	Hungarian Beef Goulash served with rice	Semolina		Buckwheat and chickpea salad
Wednesday	Whole wheat crackers with spreads	Fish pie with sweet potato and broccoli	Pineapple upside-down cake		Warm tortilla wraps with cheese and ham
Thursday	Split pea dip and pitta bread	Vegetable lasagne served with sweetcorn	Natural yogurt and fruit compote		Beans on toast
Friday	Rice Cakes with spreads	Couscous, Chicken strips with roasted Vegetables	Banana & Custard		Fishfingers with mixed veg