

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	A selection of either fruit, vegetable sticks, rice cakes, bread sticks. Served with milk or water	Lamb and mint Ragu, hidden vegetables in the sauce (carrots, tomatoes, and onions) with pasta <i>Lentil & mint ragu</i>	Natural Yogurt	2pm-2.30pm Selection of seasonal Fruit, rice cakes breadsticks	Rice and veg in a tomato and basil sauce with cucumber slices
Tuesday		Cajun chicken in breadcrumbs Vegetables and potato wedges, (boiled or mashed for babies) cucumber & tomatoes. <i>Cauliflower in breadcrumbs</i>	*Home-made sponge cake		Home-made creamy vegetable soup served with bread and butter
Wednesday		Fish pie topped with a potato & vegetable crust, served with broccoli.	*Rice pudding		Home-made medium crust Pizza with a variety fabulous topping!
Thursday		Macaroni Cheese with hidden cauliflower. Sweetcorn on the side	Fresh fruit salad		Sandwich selection (cheese, tuna, ham, chicken)
Friday		Kenya chicken curry and Jollof rice <i>Mild vegetable curry</i>	Bananas and custard		Jacket Potatoes with a choice of Baked beans, tuna & cheese

*No sugar added

Revised November 2023

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	10am-10.30am A selection of either fruit, vegetable sticks, rice cakes, bread sticks. Served with milk or water	Chili Con Carne (turkey mince) with hidden vegetables and basmati rice <i>Bean Chili</i>	Seasonal fruit selection/melon wedges	2pm-2.30pm Selection of seasonal Fruit, rice cakes breadsticks	Hot fajita wraps with a choice of cheese, ham, chicken or tuna. Toasted sandwiches for babies
Tuesday		Homemade Taco fish bites with a lovely tomato dressing, seasonal vegetables & new potatoes	*Vegan Homemade biscuits		Beans on toast (grated cheese)
Wednesday		Children's mild jerk chicken, served with rice and peas and broccoli. <i>Quorn jerk chicken</i>	*Home-made sponge Cake, Custard optional		Pitta slices, homemade hummus & crudities
Thursday		Beef Stew with mash and Mixed vegetables <i>Vegetable stew</i>	Natural Yogurt		Tuna and sweetcorn pasta bake with cherry tomatoes and cucumber sticks
Friday		Roasted Mediterranean Chicken with seasonal vegetables, rice. <i>Mediterranean Quorn fillet.</i>	Fresh fruit salad		Delicious home-made vegetable soup, served with garlic bread

*No sugar added

Revised November 2023

Menu

Week 3



Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg or Cheese 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	10am-10.30am A selection of either fruit, vegetable sticks, rice cakes. Served with milk or water	Shepherd's pie with hidden vegetables <i>Quorn mince</i>	*Homemade biscuits	2pm-2.30pm Selection of seasonal Fruit, rice cakes breadsticks	Sandwich selection (cheese, ham, chicken, tuna) and vegetable sticks
Tuesday		Homemade chicken goujons with potato wedges (babies boiled/mashed potatoes) & broccoli, served with a tasty onion sauce. <i>Vegetarian goujons</i>	Seasonal fruit selection/melon selection		Cod Fishfingers with baked beans
Wednesday		Beef lasagne served with sweetcorn. <i>Vegetarian goujons</i>	Oaty flapjacks		Delicious home-made vegetable soup, served with garlic bread
Thursday		Fish & vegetable pasta bake	*Pineapple upside-down cake		Warm wholemeal pitta pockets with a variety of fillings (cheese/ham/chicken)
Friday		Winter Chicken and potato stew with vegetables (roasted peppers) and basmati rice <i>Vegan Stew</i>	Natural yogurt and fruit compote		Home-made thin crust Pizza with a variety fabulous topping!

*No sugar added

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