



Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (cheerios, rice krispies, cornflakes), porridge and Weetabix with wholemeal toast with milk or water				
Snack	Fresh fruit Platter	Rice cakes with apples	Fresh fruit platter	Rice cakes with apples	Fresh fruit platter
Lunch Standard Meal	Shepard's pie or Veg Shepard's pie with green beans	Chicken curry or Vegetable curry with rice & courgettes	Spaghetti Bolognese or Vegetable Bolognese with green beans	Roast chicken or Quorn chicken with potatoes & broccoli	Fish cakes or Vegetable fish cakes with peas & cucumber sticks
Alternative Lunch option	Chef's soup speciality- Tomato soup with warm bread				
Dessert	Vanilla ice-cream with fresh raspberries	Carrot cake	Apple sponge cake with vanilla ice-cream	Cupcakes	Melon with yogurt
Snack	Cheese cubes with grapes	Fresh fruit platter	Cheese cubes with grapes	Fresh fruit platter	Cheese cubes with grapes
Hot Tea	Baked beans on wholemeal toast with cucumber sticks	Tuna pasta bake with sweetcorn & broccoli	Baked potato with beans & cheese with celery sticks	Macaroni cheese with carrot sticks	Mini pizza with carrot sticks
Dessert	Banana bread	Chocolate Mousse	Fruit yogurt	Pancakes	Crumbly cookies