



Menu - Week 4

	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	Crackers with pepper fingers	Fresh fruit platter	Crackers with pepper fingers	Fresh fruit platter
Lunch Standard Meal	Beef chilli or Veg chilli with tacos	Toad in hole or Veg toad with potato's, cauliflower & onion gravy	Veg Thai curry with rice	Lasagne or Veg lasagne with salad	Fish or Quorn fillet with mash & carrot sticks
Alternative Lunch option	Chef's soup speciality- Vegetable soup with warm bread				
Dessert	Mixed berry Eton mess	Teeny weeny fruit muffins	Banana bread	Chocolate mousse	Chocolate rice cakes
Snack	Warm pitta bread with houmous	Fresh fruit platter	Warm pitta bread with houmous	Fresh fruit platter	Warm pitta bread with houmous
Hot Tea	Pesto pasta with roasted broccoli	Veggie spring rolls with noodles & soy sauce	Glazed Chicken drumsticks or Glazed Quorn Fillets with wedges	Cheese & tomato toastie with baked beans	Mediterranean veg pasta bake with garlic bread
Dessert	Cookies	Fruit yogurt	Apple tarts with vanilla ice-cream	Raisin flap jack	Orange jelly