

Week 1 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mini breadsticks with cream cheese	Orange wedges	Banana Slices and blueberries	Mini pancakes	Pitta bread strips with Houmous
LUNCH	Tuna, rainbow peppers & brown rice	Boiled potatoes, cod fillets, runner beans & gravy	Chicken & rice with cauliflower & broccoli florets	Chicken & wholemeal macaroni with cheese, carrots, sweetcorn & gravy	Fish fingers, creamy mash & mushy peas
VEG OPTION	Mixed bean casserole with brown rice	Boiled, potatoes, tofu & runner beans	Quorn chicken & rice with cauliflower & broccoli florets	Bean & veg enchilada, carrots & sweetcorn	Quorn meatballs, creamy mash & mushy peas
DESSERT	Peaches & cream	Mini cupcakes	Rice Pudding with Strawberry Jam	Banana cake	Watermelon Slices
AFTERNOON SNACK	Homemade biscuits	Sliced pineapples	Oakcakes & melon pieces	Lightly boiled carrot sticks with houmous	Homemade rainbow salad
TEA	Baked beans on toast	Scrambled egg on wholemeal toast	Ham and cheese toasties	Tuna Wraps & Cucumber	Turkey and cheese sandwiches

Children are given milk or water during each mealtime

Week 2 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Rice cakes and banana	Slightly cooked carrot sticks with pitta bread	Melon Slices	Wholemeal bagels with cheese spread	Breadsticks with houmous
LUNCH	Sweet & sour Quorn chicken with rice & sweetcorn	Margarita pizza with potatoes wedges & garden peas	Sausages, mash potato, sweetcorn & gravy	Roast chicken with rice, broccoli & gravy	Spaghetti bolognaise with mixed vegetables
VEG OPTION	Sweet & sour Quorn chicken with rice & sweetcorn	Margarita pizza with potatoes wedges & garden peas	Veggie sausages, mash potato, sweetcorn & gravy	Quorn roast chicken with rice, sweetcorn, broccoli & gravy	Quorn spaghetti bolognaise with mixed vegetables
DESSERT	Apple crumble & custard	Carrot cake	Fruit Salad	Fruit jelly	Semolina
AFTERNOON SNACK	Wholemeal toast with butter	Peaches	Cheese and crackers	Crumpets with berries	Chocolate cookies and hot chocolate
TEA	Tomato soup with pitta dippers	Chicken, cheese & cucumber sandwiches	Wraps with assorted fillings	Fish finger wholemeal sandwiches with cucumbers and cherry tomatoes	Garlic bread

Children are given milk or water during each mealtime

Week 3 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mini breadsticks with cream cheese	Mini pancakes	Buttered crumpets	Crackers	Wholemeal toast
LUNCH	Chicken meatballs, potato wedges & garden peas	Jollof rice with diced chicken, boiled plantain & salad	Fish with sweet potato mash potatoes & peas	Tuna pasta bake	Fish fingers, creamy mash & mushy peas
VEG OPTION	Quorn mince, potato wedges & garden peas	Jollof rice with Quorn chicken, boiled plantain & salad	Veggie sausages with sweet potato & peas	Veg pasta bake	Quorn meatballs, creamy mash & mushy peas
DESSERT	Blueberry muffins	Summer fruits	Chocolate cake with chocolate custard	Pineapple slices	Oat and raisin cookies
AFTERNOON SNACK	Oatcakes	Homemade biscuits with warm milk	melon pieces	Crackers, cheese & cucumbers	Houmous, cucumber & pitta bread
TEA	Assorted sandwiches	Spice bun with grated cheese	Crumpets with cheese spread or vegan spread	Scrambled egg or beans on toast	Wholemeal wraps with assorted fillings

Children are given milk or water during each meal