



## Week 1 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Sliced pineapples	Orange wedges	Banana Slices and blueberries	Fruit salad	Apple and pear slices
LUNCH	Tuna, rainbow peppers & brown rice	Boiled potatoes, cod fillets, runner beans & gravy	Chicken & rice with cauliflower & broccoli florets	Vegetable curry, wholegrain rice, carrots, sweetcorn & gravy	Fish fingers, creamy mash & mushy peas
VEG OPTION	Chickpeas, rainbow peppers & brown rice	Boiled, potatoes, tofu & runner beans	Quorn chicken & rice with cauliflower & broccoli florets	Vegetable curry, wholegrain rice, carrots, sweetcorn & gravy	Quorn veggie fingers, creamy mash & mushy peas
DESSERT	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit
AFTERNOON SNACK	Pitta bread strips with Houmous	Mini breadsticks with cream cheese	Oatcakes & melon pieces	Wholemeal toast, lightly boiled carrot sticks with houmous	Homemade & rainbow salad & crackers
TEA	Baked beans on toast	Scrambled egg on wholemeal toast	Cheese toasties	Tuna Wraps & Cucumber	Turkey and cheese sandwiches

**Children are given milk or water during each mealtime**

**On Thursday's vegetarian meals are provided**

**All children are offered a side dish of vegetables or fresh salad with their teatime meal**



## Week 2 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Rice cakes and banana	Slightly cooked carrot sticks with pitta bread	Melon Slices	Fruit salad	Peaches
LUNCH	Jacket Potato with cheese, beans or tuna filling	Roast chicken with rice, broccoli & gravy	Sausages, mash potato, sweetcorn & gravy	Margarita pizza with potatoes wedges & mixed veg with garden peas	Salmon, mashed potatoes & vegetables
VEG OPTION	Jacket Potato with cheese, beans or tuna filling	Quorn roast chicken with rice, sweetcorn, broccoli & gravy	Veggie sausages, mash potato, sweetcorn & gravy	Margarita pizza with potatoes wedges & mixed veg with garden peas	Lentil & vegetable stew with mashed potatoes
DESSERT	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit
AFTERNOON SNACK	Wholemeal toast with butter	Wholemeal bagels with cheese spread	Cheese and crackers	Crumpets with berries	Breadsticks with houmous
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**  
**All children are offered a side dish of vegetables or fresh salad with their teatime meal**  
**On Thursday's vegetarian meals are provided**



## Week 3 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mini breadsticks with cream cheese	Rice cakes and raisins	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	Wholegrain Pesto Pasta	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	Wholegrain Pesto Pasta	Quorn meatballs, creamy mash & mushy peas
DESSERT	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit
AFTERNOON SNACK	Oatcakes	Fruit salad	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 mealtime**  
**All children are offered a side dish of vegetables or fresh salad with their teatime meal**  
**On Thursday's vegetarian meals are provided**