

Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries, stewed apples, bananas and cinnamon C/G, M				
Snack	Bread sticks and Fresh fruit platter W	Orange and melon or fresh in season fruit	Apple and pineapple	Wholemeal pita with tzatziki souce W, M, S	Fresh fruit platter
Lunch	Beef /Lentil spaghetti bolognaise ... with mixed salad W	Thai green chicken curry/Quorn ... With wholemeal rice W	Fish fingers ... With mash potatoes and peas F	Chicken and vegetable tikka masala with naan bread W	Fresh Tuna pasta bake ... with fresh mixed salad F, M
Dessert	Natural Yoghurt M	Orange sponge W	Banana and natural yoghurt M	Fresh fruit salad	Vanilla Ice cream and mango M
Snack	Breadsticks with carrot and pepper sticks S	Carrot and peppersticks	Cucumber and rice cakes	Grapes and mango or fresh in season fruit	Crackers, carrots sticks and hummus W
Hot Tea	Baked potatoes with baked beans topped with cheese ... with mixed salad M	Haru's Mummy's Korean beef risotto with salad and whole wheat bagels W	Vegetable and bean stew in tomato souce and herbs ... With boiled rice W	Home made Wholemeal pizza Margherita with turkey ... with mixed salad, peppers and sweetcorn M, W	Carrot and butternut squash soup, chickpea soup ... With garlic bread W
Dessert	Baked apple cake	Mixed in season fresh fruit salad	Banana flapjacks M	Apple crumble M	Fresh Fruit salad

- A variety of Milks and water offered during all snack times
- Cakes have 40g of fresh fruit/15g of dried fruit and made with no sugar
- If necessary, a vegetarian protien is always offered instead of the meat/fish option