

# Menu – Week 4

|                  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|------------------|--|---|---|--|--|
| <b>Breakfast</b> | Selection of cereal, porridge, or weetabix with a variety milks or water<br>A selection of fresh berries, stewed apples, bananas and cinnamon C/G, M |   |   |  |  |
| <b>Snack</b>     | In season<br>Fresh fruit<br>platter  | Mixed fruit and<br>breadsticks<br>W, S  | Cheese straws,<br>cucumber,<br>pepeprs,<br>whole meal<br>pitta<br>W, S  | Carrots,<br>grapes,<br>breadsticks,<br>cheese and<br>houmous<br>W, M, S                    | Fresh fruit<br>platter   |
| <b>Lunch</b>     | Beef,<br>vegetable<br>and lentil<br>/vegetable<br>and lentil<br>curry<br>...<br>with<br>with naan<br>bread or rice<br>W                              | Vegetable,<br>mixed bean<br>lasagne<br>...<br>with mixed<br>salad<br>M          | Turkey<br>casserole<br>(Quorn)<br>...<br>sweet potato<br>mash and<br>peas   | Roast chicken/<br>Quorn<br>...<br>with roast<br>potatoes<br>and broccoli                   | Spinach, beef<br>and tomato<br>meatballs<br>...<br>With brown<br>rice and mixed<br>vegetables<br>W     |
| <b>Dessert</b>   | Natural yogurt<br>with berries<br>M  | Raisin scones<br>W  | Fromage Frais<br>with bananas<br>M  | Trio of melon  | Natural yogurt<br>with fruit puree<br>M  |
| <b>Snack</b>     | Carrot, pitta<br>bread and<br>humus<br>W, S  | Orange and<br>pear  | Apple, grapes<br>and cheese<br>M  | Cucumber,<br>tomato and<br>Cheese sticks<br>M  | Fresh fruit<br>platter   |
| <b>Hot Tea</b>   | Salmon and<br>spinach pasta<br>bake<br>...<br>with mixed<br>vegetables<br>F, W   | Minced lamb/<br>mixed pulses<br>...<br>with mashed<br>potato and<br>green beans | Stuffed fruity<br>pepers with<br>couscous and<br>lentils and<br>mixed<br>vegetables in<br>tomato souce<br>topped with<br>cheese<br>...<br>with broccoli<br>M, W | Leak, Potato,<br>Carrot and<br>Coriander<br>soup<br>...<br>With<br>wholemeal<br>pitta<br>W | Cod fish<br>fingers/<br>Veggie fingers<br>...<br>with roasted<br>new potatoes<br>and<br>sweetcorn<br>F |
| <b>Dessert</b>   | Ginger apple<br>cake<br>W  | Fruit platter   | Blueberry cake<br>cookies<br>W, M   | Fromage frais<br>M   | Cinnamon,<br>banana chip<br>oat cookies<br>W   |

- 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