



BREAKFAST - A selection of cereals served with milk and toast (optional)

WEEK 1 MENU - LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish pie with sweetcorn, peas and brocolli.	Spaghetti Bolognaise served with baby carrots.	Mixed vegetable pasta. Contains courgettes, peppers, onions and mushrooms in a white sauce.	Chicken and potato curry served with rice	Jacket Potatoes with cheese and beans.
Vegetable pie with sweetcorn, peas and brocolli	Veggie mince served with mixed vegetables		Quorn and potato curry served with rice	
Sponge and Custard	Fresh Banana	Mixed Fruit Salad	Yoghurt	Semolina pudding

MID-MORNING SNACK - A rotation of fresh fruit and healthy snacks served with milk or water

Ploughman's platter. Bread rolls containing ham or cheese. Carrot, peppers and cucumber sticks.	Margherita pizza.	Fish goujons with baked hash browns	Tomato soup with bread sticks	Chicken, cheese, peppers and sweetcorn melts on baguette.
		Carrot and corriander goujons with hash browns		Cheese, peppers and sweetcorn melts on baguette.
Yoghurt	Oatmeal cookies	Melon Slices	Banana Loaf	Pineapple slices

NOTE: CHILDREN WITH SPECIAL DIETRY NEEDS ARE SERVED ALTERNATIVE MEALS