

MENU Week Two



Breakfast

A selection of cereals or toast

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AM Snack

Rice cake

Breakfast muffin

Banana

Teacakes

Blueberries

Lunch

Tuna and sweetcorn pasta bake with garlic bread

Roast pork, roast potatoes, cauliflower and gravy

Vegetable lasagne

Beef stew and dumplings with mash

Chicken and mushroom pie with mash and carrots



Vegetarian

Vegetable pasta bake with garlic bread

Quorn, roast potatoes cauliflower and gravy

Vegetable lasagne

Vegetable stew with mash

Sweet potato and mushroom pie with mash and carrots

Pudding

Natural yoghurt and fruit compote

Strawberries

Natural yoghurt

Lemon drizzle cake

Winter spiced baked pear



PM Snack

Grapes

Apple

Scone and jam

Mixed winter berries

Breadsticks

Tea

Cheese on toast

Jacket potato, cheese and beans

Assorted sandwiches and vegetable sticks

Savoury cheese and vegetable muffins

Mozzarella and tomato pasta bake



Pudding

Jam bun

Gingerbread man

Chocolate cake

Clementine

Greek yoghurt