

MENU Week Four



Breakfast

A selection of cereals or toast

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AM Snack

Breadsticks

Banana

Rice cakes

Satsuma

Crumpets

Lunch

Beef lasagne with garlic bread and peas

Pork hot pot with vegetables

Roast chicken, potatoes, broccoli and gravy

Vegetable cottage pie

Coconut fish curry with wholegrain rice



Vegetarian

Vegetable lasagne with garlic bread

Vegetable hot pot

Roast quorn, potatoes, broccoli and gravy

Vegetable cottage pie

Coconut vegetable curry with wholegrain rice

Pudding

Fruit salad

Greek yoghurt

Clementine

Cupcake

Melon



PM Snack

Grapes

Cheese and pineapple

Pear

Cracker with spread

Apple

Tea

Vegetable supreme pizza

Beans on toast

Toasted panini with vegetable sticks

Penne Napoli

Assorted sandwiches with vegetable sticks



Pudding

Jam sponge and custard

School cake

Blueberry muffin

Mixed berries

Chocolate brownie