

MENU Week One



Breakfast

A selection of cereals or toast

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AM Snack

Crackers and spread

Clementine

Teacakes

Grapes

Crumpet

Lunch

Sweet and sour pork with rice

Fish pie with peas

Chicken casserole with new potatoes and broccoli

Vegetable korma with rice and naan bread

Spaghetti bolognese with peas



Vegetarian

Sweet and sour vegetables with rice

Vegetable pie with peas

Vegetable casserole with new potatoes and broccoli

Vegetable korma with rice and naan bread

Vegetable bolognese with peas

Pudding

Greek yoghurt

Pear

Rice pudding with Jam

Banana and custard

Satsuma



PM Snack

Mixed winter berries

Breadsticks

Banana

Pitta and dip

Pineapple

Tea

Vegetable risotto

Toasted cream cheese bagels with vegetable sticks

Penne Napoli with garlic bread and peas

Margarita pizza and vegetable sticks

Beans on toast



Pudding

Chocolate chip cookie

Apple pie and custard

Natural yoghurt

Apple

Fruit cake