

MENU Week Two



Breakfast

A selection of cereals or toast

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AM Snack

Rice cake

Grapes

Banana

Teacakes

Blueberries

Lunch

Tuna and sweetcorn pasta bake with garlic bread

Roast pork, roast potatoes, mixed vegetables and gravy

Vegetable lasagne

Beef stew, dumplings and carrots with mash

Chicken and mushroom pie, new potatoes and carrots



Vegetarian

Vegetable pasta bake with garlic bread

Quorn, roast potatoes, mixed vegetables and gravy

Vegetable lasagne

Vegetable stew, dumplings, carrots and mash

Sweet potato and mushroom pie, new potatoes and carrots

Pudding

Natural yoghurt with 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 with cheese and beans

Assorted sandwiches and vegetable sticks

Soup of the day with crusty bread

Mozzarella and tomato pasta bake with sweetcorn



Pudding

Jam bun

Gingerbread man

Chocolate cake

Clementine

Greek yoghurt