

LUNCH MENU 1

MONDAY

Macaroni Cheese

Served with Cauliflower and Broccoli

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

TUESDAY

Chicken and Vegetable Curry / White Fish and Vegetable Curry

Served with Rice and Poppadom

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

WEDNESDAY

Creamy Chicken and Tomato Pasta / Creamy Tomato Pasta

Served with Sweetcorn and Green Beans

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

THURSDAY

Shepperd's Pie / Lentil and Bean Pie

Served with Carrots and Peas

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

FRIDAY

Fish Fingers / Veggi Fingers

Served with Cous Cous and mixed Vegetables

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

Suitable alternative meals will be offered to those children with special dietary requirements

Breakfast:

Range of cereals – Rice Crispies, Bran Flakes, Mini Shredded Wheat, Corn Flakes, Shreddies, Cheerios and Whetabix. Selection of fresh and dried fruit, natural yoghurt, Wholemeal Toast, Whole cow's Milk or Milk alternatives.

Morning Snack:

Selection of Fresh Fruit with Milk or Water

Tea Snacks:

Carrot batons, Cucumber Sticks, Celery Sticks, Sugar Snap Peas, Cheddar Cheese Cubes, Turkey Ham, Boiled or Scrambled Eggs with Toast, Rice Cakes, Corn Cakes, Oat Cakes, Cheese Biscuits, Bread Sticks, Brioche, Croissants, Crumpets, Pitta Bread, Selection of Savoury Sandwiches, Hummus with Toast Fingers, Dried or Fresh Fruit.

LUNCH MENU 2

MONDAY

Chicken Lentil, Bean and Vegetable Casserole /
Lentil, Bean and Vegetable Casserole
Served with Bulgar wheat
Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

TUESDAY

Spaghetti Bolognese / Quorn Spaghetti Bolognese
Served with Carrots and Green Beans
Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

WEDNESDAY

Fish Cakes / Veggi Fingers
Served with Baked Beans and Mixed Vegetables
Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

THURSDAY

Penne Pasta in a Mascarpone and Tomato Sauce
Served with Sweetcorn and Broccoli
Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

FRIDAY

Chilli Con Carne/ Quorn Chilli Con Carne
Served with Rice, Cauliflower, Broccoli and Tortilla Bread
Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

Suitable alternative meals will be offered to those children with special dietary requirements

Breakfast:

Range of cereals – Rice Crispies, Bran Flakes, Mini Shredded Wheat, Corn Flakes, Shreddies, Cheerios and Whetabix. Selection of fresh and dried fruit, natural yoghurt, Wholemeal Toast, Whole cow's Milk and Milk alternatives.

Morning Snack:

Selection of Fresh Fruit with Milk or Water

Tea Snacks:

Carrot batons, Cucumber Sticks, Celery Sticks, Sugar Snap Peas, Cheddar Cheese Cubes, Turkey Ham, Boiled or Scrambled Eggs with Toast, Rice Cakes, Corn Cakes, Oat Cakes, Cheese Biscuits, Bread Sticks, Brioche, Croissants, Crumpets, Pitta Bread, Selection of Savoury Sandwiches, Hummus with Toast Fingers, Dried or Fresh Fruit.

LUNCH MENU 3

MONDAY

Beef Mince Meatballs / Quorn Mince Meatballs

Served with Cous Cous, Peas and Carrots

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

TUESDAY

Salmon and Broccoli Pasta

Served with Sweet Corn

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

WEDNESDAY

Chicken Breast Goujons / Veggi Fingers

Served with Homemade Potato and Sweet Potato Wedges,
Green Beans and Carrots

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

THURSDAY

Pasta Bolognese / Veggi Pasta Bolognese

Served with Broccoli and Cauliflower

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

FRIDAY

Lamb and Lentil Hot Pot / Lentil and Bean Hot Pot

Served with Rice and Mixed Vegetables

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

Suitable alternative meals will be offered to those children with special dietary requirements

Breakfast:

Range of cereals – Rice Crispies, Bran Flakes, Mini Shredded Wheat, Corn Flakes, Shreddies, Cheerios and Whetabix. Selection of fresh and dried fruit, natural yoghurt, Wholemeal Toast, Whole cow's Milk and Milk alternatives.

Morning Snack:

Selection of Fresh Fruit with Milk or Water

Tea Snacks:

Carrot batons, Cucumber Sticks, Celery Sticks, Sugar Snap Peas, Cheddar Cheese Cubes, Turkey Ham, Boiled or Scrambled Eggs with Toast, Rice Cakes, Corn Cakes, Oat Cakes, Cheese Biscuits, Bread Sticks, Brioche, Croissants, Crumpets, Pitta Bread, Selection of Savoury Sandwiches, Hummus with Toast Fingers, Dried or Fresh Fruit.

LUNCH MENU 4

MONDAY

Tuna Linguine

Served with Mixed Vegetables

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

TUESDAY

Lamb and Vegetable stew / Quorn and Vegetable stew

Served with Rice and Flat Bread

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

WEDNESDAY

Mediterranean Chicken / Roasted Mediterranean Vegetables

Served with Cous Cous, Cauliflower and Broccoli

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

THURSDAY

Tomato and Basil Fusilli

Served with Sweetcorn and Green Beans

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

FRIDAY

Fish Fingers / Veggi Fingers

Served with Baked Beans, Carrots and Broccoli

Natural Yoghurt / Fromage Frais / Dairy Free Yoghurt / Fruit

Suitable alternative meals will be offered to those children with special dietary requirements

Breakfast:

Range of cereals – Rice Crispies, Bran Flakes, Mini Shredded Wheat, Corn Flakes, Shreddies, Cheerios and Whetabix. Selection of fresh and dried fruit, natural yoghurt, Wholemeal Toast, Whole cow's Milk and Milk alternatives.

Morning Snack:

Selection of Fresh Fruit with Milk or Water

Tea Snacks:

Carrot batons, Cucumber Sticks, Celery Sticks, Sugar Snap Peas, Cheddar Cheese Cubes, Turkey Ham, Boiled or Scrambled Eggs with Toast, Rice Cakes, Corn Cakes, Oat Cakes, Cheese Biscuits, Bread Sticks, Brioche, Croissants, Crumpets, Pitta Bread, Selection of Savoury Sandwiches, Hummus with Toast Fingers, Dried or Fresh Fruit.