

# Healthy Food For Healthy Kids

Summer / Autumn 3 Week Cycle Menu 2020

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<p>Chicken Fajita served with Rice</p> <p>(V) Quorn Chicken Fajitas served with Rice</p> <p>(D) Fruit Yogurts</p>	<p>Penne Pasta Bake with a Tomato &amp; Basil Sauce served with Pitta Bread</p> <p>(D) Jam Sponge &amp; Custard</p>	<p>Campfire Casserole (Ham) served with New Potatoes</p> <p>(V) Vegetable Campfire Casserole served with New Potatoes</p> <p>(D) Fresh Fruit Of The Day</p>	<p>Sweet &amp; Sour Chicken Served with Rice</p> <p>(V) Quorn Sweet &amp; Sour Chicken</p> <p>(D) Strawberry Jelly</p>	<p>Cottage Pie served with Garden Peas</p> <p>(V) Vegetarian Cottage Pie served with Garden Peas</p> <p>(D) Fruit Yogurts</p>
<b>Week 2</b>	<p>Sausage Casserole served with New Potatoes</p> <p>(V) Vegetarian Sausage Casserole served with New Potatoes</p> <p>(D) Bananas &amp; Custard</p>	<p>Chilli – Con – Carni served with Rice</p> <p>(V) Vegetarian Chilli – Con – Carni served with Rice</p> <p>(D) Orange Drizzle Cake</p>	<p>Tuna Pasta Bake served with Pitta Bread</p> <p>(V) Vegetable Pasta Bake served with Pitta Bread</p> <p>(D) Fruit Yogurts</p>	<p>Somerset Pork Casserole &amp; New Potatoes</p> <p>(V) Quorn Chicken Somerset Casserole &amp; New Potatoes</p> <p>(D) Fresh Fruit Of The Day</p>	<p>Chicken, Chickpea &amp; Vegetable Curry served with Rice</p> <p>(V) Chickpea &amp; Vegetable Curry served with Rice</p> <p>(D) Fruit Yogurts</p>
<b>Week 3</b>	<p>One Pot Healthy Chicken Pasta served with Pitta Bread</p> <p>(V) Quorn One Pot Healthy Chicken Pasta served with Pitta Bread</p> <p>(D) Swiss Roll &amp; Custard</p>	<p>Fish Pie with Mash Potato Topping served with Peas</p> <p>(V) Vegetarian Cottage Pie served with Peas</p> <p>(D) Fruit Yogurts</p>	<p>Chicken Casserole &amp; New Potatoes</p> <p>(V) Quorn Chicken Casserole &amp; New Potatoes</p> <p>(D) Orange Jelly</p>	<p>Spaghetti Bolognese served with Pitta Bread</p> <p>(V) Vegetarian Bolognese served with Pitta Bread</p> <p>(D) Lemon Flapjacks</p>	<p>Roast Chicken served with New Potatoes &amp; Mixed Veg</p> <p>(V) Quorn Roast Chicken served with New Pots &amp; Mixed Veg</p> <p>(D) Fruit Yogurts</p>

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