

Sample Menu Winter/Spring 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Toast & Apple	Pancake & Banana	Cracker & Strawberry	Croissant & Grapes	Onion Barji & Raisins
Lunch & Pudding	Chicken Goujon, Mash & Spaghetti <i>Fruit</i>	Veggie Cottage Pie & Broccoli <i>Jelly</i>	Beef Lasagne & Garlic Bread <i>Yoghurt</i>	Vegetable Curry & Rice <i>Frozen Tube Yoghurt</i>	Tomato Pasta & Sweetcorn <i>Fruit</i>
P.M Snack	Cheese, Crackers & Grapes	Apple, Pear & Raisins	Poppadom's, Mint Yoghurt & Cucumber	Banana & Scone	Toast & Melon
Tea	Egg Sandwiches & Cucumber	Tuna Pasta Bake & Yoghurt	Cheese Toastie & Cherry Tomato	Quorn Cous Cous & Apples	Potato Waffle & Beans & Pear
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Popadom's & Mint Yoghurt & Cucumber	Rich Tea & Grapes	Toast & Banana	Samosa & Raisins	Crackers & Blueberrys
Lunch & Pudding	Veggie Chilli & Rice <i>Natural yoghurt & Dried Fruit</i>	Turkey Mince Spaghetti Bolognese <i>Fruit</i>	Cheese & Potato Pie & Beans <i>Jelly</i>	Chicken Fajita Wraps & Salad <i>Rice Pudding</i>	Fish Cake, Sweet Potato Mash & Peas <i>Poached Pears</i>
P.M Snack	Crackers & Apple	Croissant & Carrot Sticks	Oat Cakes & Oranges	Breadstick, Carrot Stick & Apple	Tea Cake & Cherry Tomatoes
Tea	Puff Pastry Pizza Swirls & Pepper Sticks	Cheese Sandwiches & Oranges	Vegetable Soup & Apple	Beans on Toast & Melon	Vegetable Rice & Banana
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Breadstick & Banana	Crackers, Cheese & Cucumber	Scone & Dried Fruit	Biscuit & Strawberries	Toast & Pear
Lunch & Pudding	Mince Beef & Onion Pie & Mash <i>Yoghurt</i>	Chinese Chicken Curry & Rice <i>Jelly</i>	Jacket Potato, Beans & Cheese <i>Natural Yoghurt & Frozen Berries</i>	Fisherman's Pie, Peas & Sweetcorn <i>Fruit</i>	Macaroni Cheese & Garlic Bread <i>Fruit</i>
P.M Snack	Strawberries & Brioche	Savouries, Oranges & Apple	Biscuit & Banana	Breadstick & Peppers	Crackers & Melon
Tea	Tomato Pasta & Grapes	Fruit Loaf & Raisins	Seasoned Cous Cous & Pear	Lentil Soup & Apple	Jam Sandwiches & Cucumber
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Oat Cakes & Melon	Flapjack & Raisins	Toast & Pear	Breadstick & Grapes	Teacake & Orange
Lunch & Pudding	Fishcakes, Wedgies & Peas with Parsley Sauce <i>Rice Pudding</i>	Chicken, Mash, Veg & Gravy <i>Frozen Tube Yoghurt</i>	Sweet & Sour Quorn Chicken & Noodles <i>Mandarins in Orange Jelly</i>	Vegetable Casserole & Roast Potatoes <i>Fruit</i>	Cheese & Potato Pie & Sweetcorn <i>Natural Yoghurt & Raisin</i>
P.M Snack	Breadstick & Oranges	Cheese spread Crackers & Carrot Sticks	Pancake & Apple	Toast & Oranges	Popadom's & Mint Yoghurt & Cucumber
Tea	Spaghetti Hoops on Toast & Apple	Tomato Pasta & Strawberries	Cheese Wraps & Cucumber	Cheese spread Sandwiches & Pepper	Vegetable Rice & Banana