

Menu



WEEK 1

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|---|------------------------------------|--|
| Lunch | Tomato and herby pasta packed with vegetables and served with garlic bread | Mixed bean chilli with brown rice, sour cream and tortilla chips | Vegetable cottage pie served with onion gravy | Fajitas, salad platter and cus cus | Root vegetable and chicken casserole served with sweet potato and Vegetables |
| Desert | Flapjack / banana bread | yogurt | Melon wedges | Pineapple fingers | Cup cakes |

WEEK 2

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|--|
| Lunch | Spaghetti bolognese, packed with vegetables and served with wholemeal pasta | Chickpea, cauliflower and sweet potato curry served with brown rice | Roast chicken dinner with all the trimmings | Cheese and potato pie served with spaghetti hoops | Vegetable stew served with herby dumplings |
| Desert | Flap Jack/ banana bread | yogurt | Melon wedges | Pineapple fingers | Mini cupcakes |

WEEK 3

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--------------------------------------|-----------------------------|---|---|---|
| Lunch | Baked potatoes with cheese and beans | Jerk chicken, rice and peas | Savoury cus cus, backed chicken in bread crumbs | New potatoes, steamed veg served with vegetable patty | Fish fingers served with oven chips, peas and a variety of sauces |
| Desert | Flap jacks/ banana bread | Yogurt | Melon wedges | Pineapple fingers | Cup cakes |

All dietary requirements will be catered for after consulting with parents. Vegan and vegetarian options of the above menu will also always be available.