

Menu - week 1

BREAKFAST :- a selection of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Shepherd's Pie with Winter Veg Winter Compote & Cream Fruit	<u>LUNCH</u> Vegetable Curry, Naan Bread & Rice Banana & Custard Fruit	<u>LUNCH</u> Carrott & Lentil Soup with Crusty Bread Banana Loaf Fruit	<u>LUNCH</u> Roast Chicken Dinner Greek Yoghurt Fruit	<u>LUNCH</u> Tuna Pasta Bake Peaches & Cream Fruit
<u>TEA</u> Tomato Soup & Bread Bananas	<u>TEA</u> Crumpets with Marmite and Cucumber Pears	<u>TEA</u> Carrott Waffles, Tomato Wedges & Mayonnaise Oranges	<u>TEA</u> Tuna or Cream Cheese Sandwiches & Celery sticks Kiwi	<u>TEA</u> Cheese, Oatcakes, Cucumber & Pepper sticks Apples

Menu - week 2

BREAKFAST :- a selection of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Creamy Courgette & Bacon Pasta with Garlic Bread Winter Compote & Cream Fruit	<u>LUNCH</u> Beef & Lentil Lasagne with Sweet potato Wedges & Peas Fruit loaf Fruit	<u>LUNCH</u> Salmon & Spring Onion Vermicelli & Crusty Bread Natural Yoghurt, Oats & Raisins Fruit	<u>LUNCH</u> Jacket Potato, Tuna & Sweetcorn Warm Rice Pudding Fruit	<u>LUNCH</u> Chicken Casserole with Potatoes & Peas Fruit Yoghurt Fruit
<u>TEA</u> Potato Wedges, Curry Dip & Cucumber sticks Pears	<u>TEA</u> Wholemeal Cream Cheese wraps & Pepper Sticks Apples	<u>TEA</u> Rice cakes, Hummus & Tomatoes Kiwi	<u>TEA</u> Vegetable Soup & Bread Bananas	<u>TEA</u> Beans on Toast Oranges