

## MENU WEEK 1

### Monday

**Snack:** Fruit and Milk

**Lunch:** Sweet and Sour Chicken with Rice

**Pudding:** Fruit salad

**Tea:** Selection of Crackers

### Tuesday

**Snack:** Vegetable Sticks and Milk

**Lunch:** Vegetable pasta bake

**Pudding:** Fruity jelly and Ice-Cream

**Tea:** Tuna Mayo/Cheese Wraps

### Wednesday

**Snack:** Fruit and Milk

**Lunch:** Fish fingers, Potatoes and vegetables

**Pudding:** Yogurt

**Tea:** Beans on Toast

### Thursday

**Snack:** Vegetable Sticks and Milk

**Lunch:** Beef Casserole and mashed Potato

**Pudding:** Fruit and Cream

**Tea:** Ham Sandwiches

### Friday

**Snack:** Fruit and Milk

**Lunch:** Chicken and Broccoli bake

**Pudding:** Bananas and custard

**Tea:** Tea Cakes

**All children are offered fresh fruit and vegetables with Snack, Lunch and Tea along with a drink of milk and water at lunch time. Water is freely available throughout the day.**

## MENU WEEK 2

### Monday

**Snack:** Vegetable sticks and Milk

**Lunch:** Meatballs and Spaghetti

**Pudding:** Peaches and cream

**Tea:** Soup and a roll

### Tuesday

**Snack:** Fruit and Milk

**Lunch:** Fish Pie and Vegetables

**Pudding:** Fruit salad

**Tea:** Toasted bagel and cream cheese

### Wednesday

**Snack:** Vegetable sticks and Milk

**Lunch:** Chicken Casserole and Croquettes

**Pudding:** Banana split

**Tea:** Selection of Sandwiches

### Thursday

**Snacks:** Fruit and Milk

**Lunch:** Chicken curry and rice

**Pudding:** Fruit salad

**Tea:** Fish cakes

### Friday

**Snacks:** Vegetable sticks and Milk

**Lunch:** Meat Free Cottage pie

**Pudding:** Swiss roll and custard

**Tea:** Sausage baps

**All children are offered fresh fruit and vegetables with Snack, Lunch and Tea along with a drink of milk and water at lunch time. Water is freely available throughout the day.**

## **MENU WEEK 3**

### **Monday**

**Snack:** Fruit and Milk

**Lunch:** Cheese and Potato Bake and Baked Beans

**Pudding:** Yogurt

**Tea:** Cheese and Ham toasted Oatcakes

### **Tuesday**

**Snack:** Vegetable sticks and Milk

**Lunch:** Cottage pie

**Pudding:** Fruit salad

**Tea:** Pizza

### **Wednesday**

**Snack:** Fruit and Milk

**Lunch:** Spaghetti Bolognese

**Pudding:** Peaches and ice-cream

**Tea:** Selection of Sandwiches

### **Thursday**

**Snack:** Vegetable sticks and Milk

**Lunch:** Sweet and sour chicken with noodles

**Pudding:** Bananas and custard

**Tea:** Scotch pancakes

### **Friday**

**Snack:** Fruit and Milk

**Lunch:** Salmon Fish cakes, Vegetables and Parsley sauce

**Pudding:** Artic roll

**Tea:** Sausage rolls

**All children are offered fresh fruit and vegetables with Snack, Lunch and Tea along with a drink of milk and water at lunch time. Water is freely available throughout the day.**

## MENU WEEK 4

### MONDAY

**Snack:** Vegetable sticks and Milk  
**Lunch:** Chicken, potatoes and vegetables  
**Pudding:** Fruit salad  
**Tea:** Pizza

### TUESDAY

**Snack:** Fruit and Milk  
**Lunch:** Lasagne  
**Pudding:** Bananas split  
**Tea:** Soup and a roll

### WEDNESDAY

**Snack:** Vegetable sticks and Milk  
**Lunch:** Cheese and onion pie, Croquettes and spaghetti  
**Pudding:** Fruit salad  
**Tea:** Cheese, ham or tuna pitta breads

### THURSDAY

**Snack:** Fruit and Milk  
**Lunch:** Tuna Pasta Bake  
**Pudding:** Sponge and Custard  
**Tea:** Tea Cakes

### FRIDAY

**Snack:** Vegetable sticks and Milk  
**Lunch:** Sausage, mashed potato and baked beans  
**Pudding:** Yogurt  
**Tea:** Selection of sandwiches

**All children are offered fresh fruit and vegetables with snack, lunch and tea along with a drink of milk and water at lunch time. Water is freely available throughout the day.**

