

OUR MENU

Breakfast – This includes a selection of cereals, porridge and wholewheat toast
(The cereals we provide are Weetabix, Rice Krispies, Shredded wheat, Multigrain hoops and Corn flakes)

Snack- This varies from a selection of seasonal fruits, an assortment of crackers with toppings or vegetable sticks and dip.

Disclaimer: all our puddings are Homemade and made without sugar and are naturally sweetened

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pasta Bolognese served with cheese and a side of sweetcorn	Chicken and leek mash topped pie with seasonal vegetables	Mexican beef burritos served with rice	Homemade cod fish fingers with wedges and peas	Roast chicken in gravy served with roast potatoes and seasonal vegetables
Pudding	Greek yoghurt with fresh mixed berries	Classic style vanilla sponge cake	Fresh fruit salad	Naturally sweet mango crumble served with homemade vanilla ice cream	Sliced Bananas and custard
Tea	Pizza bagels with vegetable sticks	Mixed vegetable risotto	Humous, dips, vegetable sticks and toasted whole meal pitta grazing board	Macaroni and cauliflower cheese served with sweetcorn	Cheese and cucumber pitta pockets
Pudding	Sliced peaches	Apples and Kiwi	Bananas and raspberries	Sliced pears and plums	Melon Medley

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	One Pot herby Chicken and rice with seasonal vegetables	Steamed cod with roasted sweet potato cubes and broccoli	Broccoli and cheese pasta bake with warm garlic ciabatta	Chicken and Mushroom pie with Mash and steamed vegetables	Homemade margherita pizza and potato wedges with a side salad
Pudding	Bananas and custard	Naturally sweet Pineapple upside down cake	Fresh fruit salad	Natural yoghurt with a mixed berry compote	Melon Medley
Tea	Mixed vegetable mini quiches with vegetable sticks	Chicken enchiladas	Cheese and spinach pastry twists with a fresh mixed salad	Tuna Pasta bake	Bagels with cream cheese, avocado and smoked salmon
Pudding	Pineapple sticks	Mixed berries	Sliced Bananas	Apples and pears	Sliced oranges

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato and basil pasta bake served with warm garlic bread	Freshly baked salmon with cous-cous and mixed steamed vegetables	Chilli con carne with rice served with peas and sweetcorn	Chicken Korma with rice and mixed vegetables	Chicken noodle stir fry
Pudding	Strawberries and cream	Homemade banana pancakes	Fresh fruit salad	Apple and cinnamon pastry bites	Mixed fruit with yoghurt
Tea	BBQ Style chicken wraps with vegetable sticks	Chicken pasta salad	Baked potatoes with cheese and homemade coleslaw	Mixed Mediterranean vegetable rice bowl	Scrambled eggs on whole meal toast with vegetable crudities
Pudding	Watermelon fingers	Apples and Blueberries	Mango and passionfruit	Kiwi and Pear	Sliced grapes and strawberries