



Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar	Weetabix, Rice Krispies or Multigrain Hoops with Wholemeal Toast	Weetabix, Rice Krispies or Multigrain Hoops with Wholemeal Toast	Weetabix, Rice Krispies or Multigrain Hoops with Wholemeal Toast	Weetabix, Rice Krispies or Multigrain Hoops with Wholemeal Toast	Weetabix, Rice Krispies or Multigrain Hoops with Wholemeal Toast
AM Snack	Banana & Oranges Slices	Celery & Carrot Batons with a Humous Dip	Cheese Cubes & Apple Wedges	Pepper Sticks & Carrot Batons	Apple Slices & Raisins
Main Lunch	Hong Kong Style 'Sizzling Vegetables' & Chinese Noodle Stir-Fry	Tuna & Tomatoes in Passata with Conchiglie Pasta	Traditional Cottage Pie with Rich Beef Gravy	Macaroni Cheese & Baked Beans	Mild Green Thai Chicken Curry & Rice served with Prawn Crackers & Mango & Pineapple Salsa
Vegetables/ Side Dish	Mange Tout Baby Corn	Ka-Chumber Salad	Minted Garden Peas Carrot Batons	Baked Beans	Green Beans Pak Choi
Vegetarian Lunch	Hong Kong Style 'Sizzling Vegetables' & Chinese Noodle Stir-Fry	Ratatouille & Tomatoes in Passata with Conchiglie Pasta & Ka-Chumber Salad	Quorn & Vegetable Cottage Pie with Rich Vegetable Gravy	Baked Jacket Potato filled with Baked Beans	Mild Green Thai Vegetable Curry & Rice served with Prawn Crackers & Mango & Pineapple Salsa
Dessert	'Knickerbocker Glory' Natural Yoghurt sweetened with Honey served with a Blueberry Compote & Oat Flakes	Homemade Chocolate Sponge with warm Chocolate Custard	Homemade Chilled Fresh Fruit Smoothie with a Fruit Stick	Rice Crispy Crackle Cakes (Cocoa)	Fruity Friday
PM Snack	Cucumber Battons & Tomato Wedges	Kiwi & Satsuma Segments	Wheat Bran Breadsticks with a Sour Cream Dip	Apple & Pear Wedges with a Honey Dip	Rice Crackers with a Fruit Conserve
Tea	Baked chicken Goujons with peas & Sweetcorn	Build your own pitta pockets	Penne pasta in a tomato soup with a sprinkle of cheese	Fish Finger & Iceberg Lettuce in a Tortilla Wrap	Baked Jacket Potato with Beans & Grated Cheddar Cheese