



# Menu 1

# Weekly Menu



## M onday

## T uesday

## W ednesday

## T hursday

## F riday

**Snack Am:** Wholemeal pittas with dips, pepper and carrot sticks

**Lunch:** Cottage Pie

Or

Cheese and Potato Pie

Seasonal vegetables

Stewed Apple with a Pastry Star

Or

Fresh Fruit

**Snack Pm:** Cream crackers with cheese, cherry tomatoes and grapes

**Tea:** Wholemeal Toast Fingers with Jam or Marmite and Carrot Sticks

Blueberries and Fromage Frais

**Snack Am:** Toasted crumpet with jam and seasonal fruit

**Lunch:** Sausage and Mash

Or

Carrot, Potato and Parsnip Hash

Seasonal Vegetables

Mango with Sorbet

Or

Fresh Fruit

**Snack Pm:** Cheese, Melon, Apple with Multigrain Flatbread

**Tea:** Savoury Rice with Vegetables and Chicken, with Naan Bread Fingers

Peach

**Snack Am:** Bagels with Cream Cheese and Seasonal Fruit

**Lunch:** Roast Chicken with Stuffing, Yorkshire puddings and gravy

Or

Carrot and Lentil Bake

Roast Potatoes

Seasonal vegetables

Pineapple upside down cake with Custard

Or

Pear and Yoghurt

**Snack Pm:** Cereals with seasonal fruit

**Tea:** Egg and Cress Sandwiches with Tomato

Or

Ham and Cucumber Sandwiches

Apple

**Snack Am:** Breadsticks, assorted dips with cherry tomato and cucumber

**Lunch:** Broccoli and Cauliflower Cheese

Or

Mild sweet potato, chickpea and vegetable curry with Poppadum

Pillow rice

Assorted Vegetable Fingers

Fruit Salad with Ice Cream

**Snack Pm:** Apple Slice with Cheese and Pineapple

**Tea:** Baked Beans or Spaghetti Hoops on Toast

Blackberries

School Club

Sausage and chips

**Snack Am:** Scotch Pancakes, Jam and seasonal fruit

**Lunch:** Tomato, Spinach and Butternut Squash Pasta

Or

Salmon Pasta

Garlic Bread

Vegetable Sticks

Strawberry Cheesecake

Or

Cherries with Yoghurt

**Snack Pm:** Rice Cakes with Seasonal Fruit

**Tea:** Carrot and Parsnip Scone with Hummus with Vegetable Wedges

Plum