



Sample Menu

Currently under review

Week 1	Breakfast 7:45am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11.00-11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Jerk chicken rice and peas *** Peach melba yoghurt	Selection of fruit with a cracker, breadstick or ricecake	Cheesy broccoli and leek pasta *** Chocolate orange flapjack
Tuesday			Ploughman's baguette slices *** Winter berry fool		Braised beef, root vegetables *** Chocolate chip shortbread
Wednesday			Sandwich selection, pom bears and cucumber sticks *** Sweet potato and beetroot brownie		Special fried rice *** Bananas
Thursday			Tuna hash with peas *** Mandarins		Pork and mushroom stroganoff and rice *** Fromage
Friday			Bacon and pea pasta *** Cherry and sultana sponge with cream		Coconut and chicken curry with Bombay potatoes *** Fruity jelly

Week 2	Breakfast 7:45am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11.00-11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Smokey vegetable rice *** Blueberry yoghurt	Selection of fruit with a cracker, breadstick or ricecake	Roast chicken, root vegetable mash, stuffing and gravy *** Choc ice
Tuesday			Fish fingers, cheesy mash and beans *** Ice cream		Beef ragu with penne pasta *** Peaches
Wednesday			Wraps with cucumber, tomato, ham and cheese *** Strawberry moose		Mushroom, leek and cherry tomato risotto *** Honey banana bread
Thursday			Cheesy beans on granary bread *** Raspberry and mango semolina		Bacon and pea penne pasta *** School cake with custard
Friday			Cheese and ham paninis *** Rice pudding		Beef and mixed bean chilli with homemade wedges *** Fromage



Our 4 week menu has been devised with the help of dieticians and local health authorities ensuring it is in line with current national guidelines with regards to nutrition.

Week 3	Breakfast 7:45am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11.00-11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Spaghetti hoops and hashbrowns *** Banana yoghurt	Selection of fruit with a cracker, breadstick or ricecake	Chicken jambalaya *** Ice cream, berry coulis
Tuesday			Vegetable chowder with pitta bread *** Honeydew melon		Pork, sage and apple hotpot *** Fromage
Wednesday			Sandwich selection, pom bears and cucumber sticks *** Tutti frutti		Tomato and herb penne pasta *** Bananas
Thursday			Ham, cheese and spring onion potato skins with baked beans *** Lemon and blueberry cake		Hot dogs, ketchup and corn on the cob *** Strawberry and peach jelly
Friday			Tuna and sweetcorn penne pasta *** Fromage		Thai vegetable curry with naan bread *** Flapjack

Week 4	Breakfast 7:45am - 8:15am (Served with milk or water)	Morning Snack 9:30am (Served with milk or water)	Lunch 11.00-11:15am (Served with fruit juice or water)	Snack 1:45pm (Served with milk or water)	Tea 3:30pm (Served with fruit juice or water)
Monday	Selection of cereal	Selection of fruit with a cracker, breadstick or ricecake	Cheese and ham pittas with cucumber sticks and pom bears *** Honeydew melon	Selection of fruit with a cracker, breadstick or ricecake	Sweet and sour chicken with egg fried rice *** Ice cream with blueberries
Tuesday			Pizza pinwheels with baked beans *** Apricot yoghurt		Cottage pie *** Pineapple chunks
Wednesday			Cheesy beans on granary bread *** Fruity custard		Broccoli and cheese pasta bake *** Gingerbread
Thursday			Sandwich selection, pom bears and cucumber sticks *** Rice pudding		Sausage and mash with onion gravy *** Sticky toffee pudding
Friday			Loaded jacket potato with cheesy beans *** Bananas		Beef chilli with brown rice *** Fromage