

Menu - Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals and wholemeal toast rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.
LUNCH	Pasta bolognaise with seasonal vegetables. Stewed fruit and custard.	Moroccan lamb with couscous. Melon with homemade raspberry sauce.	Roast chicken, mash potatoes and vegetables. Fresh fruit platter.	Vegetable curry and brown rice. Mixed fruit crumble and ice-cream.	Fish in parsley sauce with new potatoes and seasonal vegetable. Rice pudding with fruit puree.
VEGETARIAN OPTION	Pasta quorn mince with seasonal vegetables. Stewed fruit and custard.	Moroccan quorn with couscous. Melon with homemade raspberry sauce.	Quorn roast, mash potato and vegetables. Fresh fruit platter.	Vegetable curry and brown rice. Mixed fruit crumble and ice-cream.	Quorn in parsley sauce with new potatoes and seasonal vegetable. Rice pudding with fruit puree.
TEA	Wholemeal pitta strips with homemade dips and vegetable crudités . Yoghurt with fruit.	Jacket potato with tuna and sweetcorn or cheese. Apple and date triangles	Vegetable soup and bread. Poached pears.	Spanish omelette. Fruit salad	Wraps with a variety of fillings. Selection of fruit