

Sample Menu

Monday

Morning Snack - toast, fresh fruit and vegetables, milk

Dinner - Wholemeal quiche with ham and salad

Vegetarian - wholemeal quiche

Sweet - meringue with strawberries and ice cream

Tea - toasted teacakes, fresh fruit and vegetables, milk

Tuesday

Morning Snack - toast, fresh fruit and vegetables, milk

Dinner - chicken casserole, wedges, mashed carrot & swede

Vegetarian - Quorn chicken casserole

Sweet - banana cake and custard

Tea - humus and carrot sticks, cheese cubes, milk

Wednesday

Morning Snack - toast, fresh fruit and vegetables, milk

Dinner - beef meatballs and spaghetti with a tomato sauce

Vegetarian - Quorn meatballs

Sweet - rice pudding

Tea - homemade soup and bread & butter, milk

Thursday

Morning Snack - toast, fresh fruit and vegetables, milk

Dinner - fish crumble, sliced carrots, peas puree with spring onion

Sweet - carrot cake

Tea - pizza, fresh fruit and vegetables, milk

Friday

Morning Snack - toast, fresh fruit and vegetables, milk

Dinner - jacket potatoes with a selection of fillings

Sweet - fruit salad and yoghurt

Tea - savoury muffins with cheese, broccoli and carrots