

 WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Apple Slices and Rice Cakes	Biscuits and Orange Wedges	Pitta and Carrot Sticks with Strawberries	Bread Sticks and Pears	Crackers and Cheese with Raisins
Lunch	Beef Chilli Con Carne and Rice Minced Quorn Chilli Con Carne and Rice Both with Tomato and Cucumber Salad	Jerk Chicken and Rice with Coleslaw Jerk Quorn and rice with Coleslaw (V)	Mighty Moussaka with Garlic Bread and Salad Mighty Quorn Moussaka with Garlic Bread and Salad	BBQ chicken and Macaroni Cheese with Lettuce and Sweetcorn Salad BBQ Quorn and Macaroni Cheese with Lettuce and Sweetcorn Salad (V)	Tuna and cream cheese pasta with Cucumber Sticks Spinach and leek cream cheese pasta (V)
Pudding	Sponge Cake and Custard	Fruit Salad	Greek Yoghurt with Berries	Pancakes and Mixed Berries	Blueberry and oat Muffins
Afternoon snack	Crackers and Raisins	Tea cakes and Kiwi	Biscuits and Banana	Smashed Avocado on Wholemeal Toast and Grapes	Pineapple and rice cakes
Tea	Mixed Vegetable Stir fry Rice with Carrot Salad	Fish cakes with Hassle back New Potatoes and Sweetcorn Vegetable cake with Hassle back New Potatoes and Sweetcorn(V)	Meat-free Meatballs and Spaghetti with Cucumber and Pepper Sticks (V)	Lamb Biryani with Israeli Salad Quorn Biryani with Israeli Salad (V)	Jacket Potato Cheese and Beans with Salad
Pudding	Fruit medley	Yogurt	Fruit Salad	Pineapple and Strawberries	Yogurt and Fresh Fruit

Fruit and vegetables are seasonal and all meals including cakes, custard, sauces and jellies are all made from fresh ingredients.

Breakfast – Variety of Healthy Cereals & Toast

Menu is compliant with all dietary requirements

All meat dishes are Halal

Updated:22/02/2021