

First Half of Spring Term Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Daily choice of low sugar cereal selection & wholemeal toast cheese eggs Contains Barley Oats Rye Wheat Soya				
	Morning snack from home Fruit or vegetable - raw or cooked. Unprocessed Cheese - Babybel not cheese string. Plain rice cakes or bread sticks Please make sure food is cut correctly so it is not a choking hazard (see 'solid starts' for more info)				
Lunch	Turkey and leek pie with carrots and new potatoes Greek natural yogurt and fruit Contains	Quorn cauliflower and chickpea curry with rice Greek natural yogurt and fruit Contains	Fish pie Peas and carrots Greek natural yogurt and fruit Contains	Spaghetti and lentil bolognese Pasta Greek natural yogurt and fruit Contains	Roast chicken in gravy, roast potatoes, carrots and cabbage Greek natural yogurt and fruit Contains
	Afternoon snack from home - see ideas of healthy options in morning snacks				
Tea	Meat balls in tomato sauce spinach with couscous Fresh fruit selection Contains	Tuna and vegetable pasta tray bake Fresh fruit selection Contains	Chicken and chorizo jambalaya Fresh fruit selection Contains	Vegetable fingers baked beans oven chips Fresh fruit selection Contains	Cheese tomato and ham omelette Fresh fruit selection Contains

Daily vegetarian option available. Meals tailored to suit individual dietary requirements