

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 cheesestring. 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	Quorn cauliflower and chickpea curry with rice Greek natural yogurt and fruit	Fish pie Peas and carrots Greek natural yogurt and fruit	Spaghetti and lentil bolognese Pasta Greek natural yogurt and fruit	Roast chicken in gravy, roast potatoes, carrots and cabbage Greek natural yogurt and fruit
	Contains	Contains	Contains	Contains	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	Tuna and vegetable pasta tray bake Fresh fruit selection	Chicken and chorizo jambalaya Fresh fruit selection	Vegetable fingers baked beans oven chips Fresh fruit selection	Cheese tomato and ham omelette Fresh fruit selection
	Contains	Contains	Contains	Contains	Contains

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