

# Mealtime Menu - Jan 26

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit
Lunch	Pork Meatballs in a Tomato & Vegetable Sauce served with Wholemeal Pasta.	Creamy Garlic Diced Chicken served with Rice	Roast Pork served with roast potatoes & selection of Vegetables	Macaroni Cheese served with crusty roll & sweetcorn	<i>Fish fingers served with chips and baked beans</i>
Pudding	Chocolate Muffin	Peach Crumble and Custard	Iced Sponge and Sprinkles	Fruit & Jelly	Rice crispy cake
Tea	Sandwiches Yoghurt	Sausage rolls, cucumber and carrot sticks Fruit	Wraps Yoghurt	Pizza with added topping (Quorn pizza) Fruit	Cheese and crackers with Vegetable sticks Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit
Lunch	Sausage with potato wedges and baked beans	Beef & Vegetable wholemeal pasta Bolognese served with vegetables	<i>Roast Chicken served with potatoes &amp; a selection of Vegetables</i>	Cheese pizza, potato and beans	<i>Salmon Fish Cake served with Chips and peas</i>
Pudding	Blueberry Muffin	Jelly and ice cream	Fruit Shortbread	Australian Crunch	Cookie
Tea	Wraps Fruit	Cheese and Crackers & Vegetable sticks Yoghurt and Apple	Toasted bagels, (cream cheese/ Marmite/egg mayo) Fruit	Sausage rolls, cucumber and carrot sticks Fruit	Sandwiches Yoghurt

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit	Toast & Fruit
Lunch	<i>Chicken Goujons served with Potatoes wedges and baked beans</i>	Beef & Tomato Lasagne served with peas & sweetcorn	Roast Gammon served with roast potatoes and selection of vegetables.	<i>Chicken curry served with Naan bread &amp; wholemeal rice</i>	Fish Fillet served with chips and peas
Pudding	Artic Roll	Carrot Cake	Fruit Flapjack	Apple Crumble and Cream	Iced Strawberry Smoothie
Tea	Wraps with a variety of fillings Fruit	Sausage rolls  Yoghurt and Peaches	Sandwiches Fruit	Bagels Fruit and yoghurt	Cheese and Crackers with Vegetable sticks. Fruit

If your child has a specific dietary requirement, please speak to your child's key person.  
A Dairy free, gluten free and Vegetarian option will be provided for main and pudding.