

Mealtime Menu - Sept 25

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.	Mild Chilli & 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	Pineapple upside down cake & custard	Vanilla Crunch	Fruit & Jelly	Rice crispy cake
Tea	Sandwiches Yoghurt	Vegetable soup (blended) with bread & butter Fruit	Sandwiches Yoghurt	Pizza with added topping (Quorn pizza) Fruit	Spaghetti hoops on Toast 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 & 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	Tomato soup, with bread & butter. Fruit	Spaghetti hoops with toast Yoghurt and Apple	Toasted bagels, (cream cheese/ Marmite/egg mayo) Fruit	Crumpets with variety of toppings Fruit	Sandwiches -Ham, cheese and marmite & crisps 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 & 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 -Ham, cheese and marmite & crisps Fruit	Beans-on-toast Fruit and yoghurt	Vegetable Soup with crusty bread 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.