

Belfield Weekly Menu Plan – Week 1

(Week commencing – 13th October, 10th November, 15th December, 5th January, 2nd February, 2nd March, 30th March)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	Oatcakes with butter & tomatoes	Roast chicken and roast potatoes Vegan - Roast tofu and roast potatoes Side – cauliflower Side – gravy	Vegetable and green lentil soup Side – bread and butter	Choice of cracker, rice cake, breadstick or fruit
Tuesday	Breadsticks with houmous and carrot sticks	Tomato and lentil pasta Side - broccoli	Chicken and vegetable couscous Vegan - vegetable couscous Side – tomato wedges	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Rice cakes, cucumber and grated cheese	Chicken and vegetable stew with rice Vegan - vegetable stew	Tuna pasta bake Vegan - Tomato pasta bake Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Thursday	Apple slices and bread and butter fingers	Turkey mince spaghetti bolognese Vegan – mushroom bolognese	Jacket potato with baked beans Side – pepper slices	Choice of cracker, rice cake, breadstick or fruit
Friday	Crackers served with Cream Cheese & cucumber	Sweet potato Fish cakes with mash potato and baked beans Vegan – Vegetable cakes	Make your own: Cheese and tomato pitta pizzas Side - sweetcorn	Choice of cracker, rice cake, breadstick or fruit
• Breakfast - Variety of cereals, toast and fruit • Children are offered water and milk at snack times * Fruit is offered after all main meals * Water is available throughout the day				

Belfield Weekly Menu Plan – Week 2

(Week commencing – 20th October, 17th November, 22nd December, 12th January, 9th February, 9th March, 6th April)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	breadsticks, yogurt dip and celery sticks	Vegetable lasagne Side - boiled carrots	Make your own – Cream cheese and cucumber sandwich	Choice of cracker, rice cake, breadstick or fruit
Tuesday	Crackers with cream cheese, carrot sticks	Fish fingers, mash potato and baked beans Vegan - vegetable fingers	Tomato and spinach orzo Side – peas	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Oranges and oat cakes with butter	Vegetable curry and rice	Jacket potato with tuna mayo Vegan - with cream cheese Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Thursday	Rice cakes and banana slices	French chicken cassoulet with fresh baguette Vegan - Vegetable cassoulet with fresh baguette	Cheese and tomato crumpet pizzas Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Friday	Pear and breadsticks	Cottage pie (beef) Vegan – Lentil shepherd's Pie Side – broccoli	Butternut squash, leek and carrot soup Side - bread and butter	Choice of cracker, rice cake, breadstick or fruit
- Breakfast - Variety of cereals, toast and fruit - Children are offered water and milk at snack times * Fruit is offered after all main meals * Water is available throughout the day				

Belfield Weekly Menu Plan – Week 3

(Week commencing: 27th October, 24th November, 29th December, 19th January, 16th February, 16th March, 13th April)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	Savoury toasted muffin with butter	Vegetable curry with rice Side- tomato	Cheese and tomato Quesadillas Side - carrot sticks	Choice of cracker, rice cake, breadstick or fruit
Tuesday	Breadsticks and carrot sticks with houmous	Cornflake chicken bites, mash potato and peas Vegan – cornflake vegetable bites	Creamy spinach and mushroom pasta Side – peas	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Pear slices with crackers	Fassolia (Greek bean and potato stew) Side – cucumber	Cheesy Vegetable muffins Vegan – Cheesy vegetable muffin Side – coleslaw	Choice of cracker, rice cake, breadstick or fruit
Thursday	Oatcakes, butter and tomato slices	Greek Pasititsio (beef) Vegan - Vegetable Pasititsio Side- beetroot pieces	Make your own- Pitta pockets with tuna mayonnaise and cucumber slices Vegan- tzatziki with pitta and cucumber	Choice of cracker, rice cake, breadstick or fruit
Friday	Crumpets with butter and cucumber slices	BBQ chicken, rice and sweetcorn Vegan- BBQ tofu	Spanish omelette and baked beans Vegan – Jacket potato	Choice of cracker, rice cake, breadstick or fruit
• Breakfast - Variety of cereals, toast and fruit • Children are offered water and milk at snack times * Fruit is offered after all main meals * Water is available throughout the day				

Belfield Weekly Menu Plan – Week 4

(Week commencing 3rd November, 8th December, 26th January, 23rd February, 23rd March, 20th April)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	Crackers with cream cheese, carrot sticks	Meat free chilli con carne with rice	Chunky chicken and vegetable soup Side – wholemeal bread and butter	Choice of cracker, rice cake, breadstick or fruit
Tuesday	Rice cakes and banana slices	Roast chicken and roast potatoes Vegan - Roast butternut squash and roast potatoes Side – broccoli Side – gravy	Spanish omelette with baked beans Vegan – Jacket potato with beans	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Melon and breadsticks	Beef meatballs in tomato sauce with pasta Vegan - lentil and tomato pasta	Egg mayonnaise sandwiches with cucumber slices Vegan – cheddar cheese sandwiches with cucumber slices	Choice of cracker, rice cake, breadstick or fruit
Thursday	Pear slices and bread and butter fingers	Three veg macaroni Side – peas	Turkey burger with pitta bread and salad Vegan – homemade veggie burger	Choice of cracker, rice cake, breadstick or fruit
Friday	Oatcakes, butter and cucumber slices	Fish pie (cod and salmon) Vegan- tofu pie Side – sweetcorn	Chicken and mushroom pitta pizzas Vegan – mushroom pitta pizza	Choice of cracker, rice cake, breadstick or fruit
• Breakfast - Variety of cereals, toast and fruit • Children are offered water and milk at snack times * Fruit is offered after all main meals * Water is available throughout the day				