

## **Belfield Weekly Menu Plan – Week 1**

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

	<b>Snack- 9.30am</b>	<b>Lunch- 11.30am</b>	<b>Tea- 3pm</b>	<b>Afternoon snack- 5pm</b>
<b>Monday</b>	Oatcakes with butter & tomatoes	Roast chicken and roast potatoes <b>Vegan</b> - Roast tofu and roast potatoes <b>Side</b> – cauliflower <b>Side</b> – gravy	Vegetable and green lentil soup <b>Side</b> – bread and butter	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Breadsticks with houmous and carrot sticks	Tomato and lentil pasta <b>Side</b> - broccoli	Chicken and vegetable couscous <b>Vegan</b> - vegetable couscous <b>Side</b> – tomato wedges	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Rice cakes, cucumber and grated cheese	Chicken and vegetable stew with rice <b>Vegan</b> - vegetable stew	Tuna pasta bake <b>Vegan</b> - Tomato pasta bake <b>Side</b> – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Apple slices and bread and butter fingers	Turkey mince spaghetti bolognese <b>Vegan</b> – mushroom bolognese	Jacket potato with baked beans <b>Side</b> – pepper slices	Choice of cracker, rice cake, breadstick or fruit
<b>Friday</b>	Crackers served with Cream Cheese & cucumber	Sweet potato Fish cakes with mash potato and baked beans <b>Vegan</b> – Vegetable cakes	Make your own: Cheese and tomato pitta pizzas <b>Side</b> - sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<ul style="list-style-type: none"> <li>• Breakfast - Variety of cereals, toast and fruit</li> <li>• Children are offered water and milk at snack times</li> </ul> <ul style="list-style-type: none"> <li>* Fruit is offered after all main meals</li> <li>* Water is available throughout the day</li> </ul>				

## **Belfield Weekly Menu Plan – Week 2**

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

	<b>Snack- 9.30am</b>	<b>Lunch- 11.30am</b>	<b>Tea- 3pm</b>	<b>Afternoon snack- 5pm</b>
<b>Monday</b>	breadsticks, yogurt dip and celery sticks	Vegetable lasagne <b>Side</b> - boiled carrots	Make your own – Cream cheese and cucumber sandwich	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Crackers with cream cheese, carrot sticks	Fish fingers, mash potato and baked beans <b>Vegan-</b> vegetable fingers	Tomato and spinach orzo <b>Side</b> – peas	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Oranges and oat cakes with butter	Vegetable curry and rice	Jacket potato with tuna mayo <b>Vegan-</b> with cream cheese <b>Side</b> – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Rice cakes and banana slices	French chicken cassoulet with fresh baguette <b>Vegan-</b> Vegetable cassoulet with fresh baguette	Cheese and tomato crumpet pizzas <b>Side</b> – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Friday</b>	Pear and breadsticks	Cottage pie (beef) <b>Vegan</b> – Lentil shepherd's Pie <b>Side</b> – broccoli	Butternut squash, leek and carrot soup <b>Side</b> - bread and butter	Choice of cracker, rice cake, breadstick or fruit
<ul style="list-style-type: none"> <li>Breakfast - Variety of cereals, toast and fruit</li> <li>Children are offered water and milk at snack times</li> <li>* Fruit is offered after all main meals</li> <li>* Water is available throughout the day</li> </ul>				

### **Belfield Weekly Menu Plan – Week 3**

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

	<b>Snack- 9.30am</b>	<b>Lunch- 11.30am</b>	<b>Tea- 3pm</b>	<b>Afternoon snack- 5pm</b>
<b>Monday</b>	Savoury toasted muffin with butter	Vegetable curry with rice <b>Side-</b> tomato	Cheese and tomato Quesadillas <b>Side -</b> carrot sticks	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Breadsticks and carrot sticks with houmous	Cornflake chicken bites, mash potato and peas <b>Vegan –</b> cornflake vegetable bites	Creamy spinach and mushroom pasta <b>Side –</b> peas	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Pear slices with crackers	Fassolia (Greek bean and potato stew) <b>Side –</b> cucumber	Cheesy Vegetable muffins <b>Vegan –</b> Cheesy vegetable muffin <b>Side –</b> coleslaw	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Oatcakes, butter and tomato slices	Greek Pasititsio (beef) <b>Vegan -</b> Vegetable Pasititsio <b>Side-</b> beetroot pieces	Make your own- Pitta pockets with tuna mayonnaise and cucumber slices <b>Vegan-</b> tzatziki with pitta and cucumber	Choice of cracker, rice cake, breadstick or fruit
<b>Friday</b>	Crumpets with butter and cucumber slices	BBQ chicken, rice and sweetcorn <b>Vegan-</b> BBQ tofu	Spanish omelette and baked beans <b>Vegan –</b> Jacket potato	Choice of cracker, rice cake, breadstick or fruit
<ul style="list-style-type: none"> <li>• Breakfast - Variety of cereals, toast and fruit</li> <li>• Children are offered water and milk at snack times</li> <li>* Fruit is offered after all main meals</li> <li>* Water is available throughout the day</li> </ul>				

## **Belfield Weekly Menu Plan – Week 4**

**(Week commencing 3<sup>rd</sup> November, 8<sup>th</sup> December, 26<sup>th</sup> January, 23<sup>rd</sup> February, 23<sup>rd</sup> March, 20<sup>th</sup> April)**

	<b>Snack- 9.30am</b>	<b>Lunch- 11.30am</b>	<b>Tea- 3pm</b>	<b>Afternoon snack- 5pm</b>
<b>Monday</b>	Crackers with cream cheese, carrot sticks	Meat free chilli con carne with rice	Chunky chicken and vegetable soup <b>Side</b> – wholemeal bread and butter	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Rice cakes and banana slices	Roast chicken and roast potatoes <b>Vegan</b> - Roast butternut squash and roast potatoes <b>Side</b> – broccoli <b>Side</b> – gravy	Spanish omelette with baked beans <b>Vegan</b> – Jacket potato with beans	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Melon and breadsticks	Beef meatballs in tomato sauce with pasta <b>Vegan</b> - lentil and tomato pasta	Egg mayonnaise sandwiches with cucumber slices <b>Vegan</b> – cheddar cheese sandwiches with cucumber slices	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Pear slices and bread and butter fingers	Three veg macaroni <b>Side</b> – peas	Turkey burger with pitta bread and salad <b>Vegan</b> – homemade veggie burger	Choice of cracker, rice cake, breadstick or fruit
<b>Friday</b>	Oatcakes, butter and cucumber slices	Fish pie (cod and salmon) Vegan- tofu pie <b>Side</b> – sweetcorn	Chicken and mushroom pitta pizzas <b>Vegan</b> – mushroom pitta pizza	Choice of cracker, rice cake, breadstick or fruit
<ul style="list-style-type: none"> <li>• Breakfast - Variety of cereals, toast and fruit</li> <li>• Children are offered water and milk at snack times</li> </ul> <ul style="list-style-type: none"> <li>* Fruit is offered after all main meals</li> <li>* Water is available throughout the day</li> </ul>				