

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

**(Week commencing –20<sup>th</sup> April, 18<sup>th</sup> May, 15<sup>th</sup> June, 13<sup>th</sup> July, 10<sup>th</sup> August, 7<sup>th</sup> September)**

	<b>Snack- 9.30am</b>	<b>Lunch- 11.30am</b>	<b>Tea- 3pm</b>	<b>Afternoon snack- 5pm</b>
<b>Monday</b>	Crackers with butter & tomatoes	Tomato and lentil pasta Side- broccoli	Bagels and cream cheese <b>Side –</b> cucumber	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Breadsticks with houmous and carrot sticks	Roast chicken and roast potatoes Vegan - Roast tofu and roast potatoes Cauliflower and gravy	Make your own: Cheese and tomato pitta pizzas Side - sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Rice cakes, cucumber and grated cheese	Cheesy salmon and spinach orzo Side – Sweetcorn	Baked bean and cheese pinwheels Side – cucumber	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Apple slices and bread and butter fingers	Turkey mince spaghetti bolognese Vegan – mushroom bolognese	Jacket potato with tuna mayonnaise <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 peas Vegan – Vegetable cakes	Chicken and vegetable couscous Vegan- vegetable couscous Side – tomato wedges	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 – 27<sup>th</sup> April, 25<sup>th</sup> May, 22<sup>nd</sup> June, 20<sup>th</sup> July, 17<sup>th</sup> August, 14<sup>th</sup> September)**

	<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	Sweet potato curry and rice	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	Cottage pie (beef) Vegan – Lentil shepherd’s Pie Side – broccoli	Cheese and broccoli orzo <b>Side –</b> peas	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Oranges and oat cakes with butter	Vegetable lasagne Side - boiled carrots	Make your own tuna mayonnaise roll <b>Vegan-</b> cheddar cheese roll <b>Side –</b> sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Rice cakes and banana slices	Chicken fajita pasta bake Vegan – vegetable fajita pasta bake	Cheese and tomato crumpet pizzas <b>Side –</b> sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Friday</b>	Pear and breadsticks	Fish fingers, mash potato and baked beans Vegan- vegetable fingers	Cheese and beans on toast <b>Side –</b> Tomatoes	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: 4<sup>th</sup> May, 1<sup>st</sup> June, 29<sup>th</sup> June, 27<sup>th</sup> July, 24<sup>th</sup> August, 21<sup>st</sup> September)**

	<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 and	Red lentil and mushroom pasta Side – cucumber	Cheese & tomato Quesadillas <b>Side –</b> tomatoes	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	Broccoli, pea and cheese risotto <b>Side –</b> pepper sticks	Choice of cracker, rice cake, breadstick or fruit
<b>Wednesday</b>	Pear slices with crackers	Vegetable curry with rice Side- tomato	Cheese and spinach quiche Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Oatcakes, butter and tomato slices	BBQ chicken, rice and sweetcorn Vegan- BBQ tofu	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	Greek Pasititsio (beef) Vegan - Vegetable Pasititsio Side- beetroot pieces	Egg mayonnaise sandwiches Vegan – cream cheese sandwiches Side – tomatoes	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 4

(Week commencing: 11<sup>th</sup> May, 8<sup>th</sup> June, 6<sup>th</sup> July, 3<sup>rd</sup> August, 31<sup>st</sup> August)

	<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	Roast chicken and roast potatoes Vegan - Roast butternut squash and roast potatoes Side – broccoli Side – gravy	Cheddar cheese sandwiches Side - cucumber slices	Choice of cracker, rice cake, breadstick or fruit
<b>Tuesday</b>	Rice cakes and banana slices	Beef meatballs in tomato sauce with pasta <b>Vegan-</b> lentil and tomato pasta	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	Quorn chilli con carne with rice	Tuna pasta salad	Choice of cracker, rice cake, breadstick or fruit
<b>Thursday</b>	Pear slices and bread and butter fingers	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
<b>Friday</b>	Oatcakes, butter and cucumber slices	Three veg macaroni Side – peas	Turkey burger with pitta bread and salad Vegan – homemade veggie burger	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>				