

Belfield Weekly Menu Plan – Week 1

(Week commencing –20th April, 18th May, 15th June, 13th July, 10th August, 7th September)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	Crackers with butter & tomatoes	Tomato and lentil pasta Side- broccoli	Bagels and cream cheese Side – cucumber	Choice of cracker, rice cake, breadstick or fruit
Tuesday	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
Wednesday	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
Thursday	Apple slices and bread and butter fingers	Turkey mince spaghetti bolognese Vegan – mushroom bolognese	Jacket potato with tuna mayonnaise 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 peas Vegan – Vegetable cakes	Chicken and vegetable couscous Vegan- vegetable couscous Side – tomato wedges	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 – 27th April, 25th May, 22nd June, 20th July, 17th August, 14th September)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	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
Tuesday	Crackers with cream cheese, carrot sticks	Cottage pie (beef) Vegan – Lentil shepherd's Pie Side – broccoli	Cheese and broccoli orzo Side – peas	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Oranges and oat cakes with butter	Vegetable lasagne Side - boiled carrots	Make your own tuna mayonnaise roll Vegan- cheddar cheese roll Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Thursday	Rice cakes and banana slices	Chicken fajita pasta bake Vegan – vegetable fajita pasta bake	Cheese and tomato crumpet pizzas Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Friday	Pear and breadsticks	Fish fingers, mash potato and baked beans Vegan- vegetable fingers	Cheese and beans on toast Side – Tomatoes	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: 4th May, 1st June, 29th June, 27th July, 24th August, 21st September)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	Savoury toasted muffin with butter and	Red lentil and mushroom pasta Side – cucumber	Cheese & tomato Quesadillas Side – tomatoes	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	Broccoli, pea and cheese risotto Side – pepper sticks	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Pear slices with crackers	Vegetable curry with rice Side- tomato	Cheese and spinach quiche Side – sweetcorn	Choice of cracker, rice cake, breadstick or fruit
Thursday	Oatcakes, butter and tomato slices	BBQ chicken, rice and sweetcorn Vegan- BBQ tofu	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	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
- 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: 11th May, 8th June, 6th July, 3rd August, 31st August)

	Snack- 9.30am	Lunch- 11.30am	Tea- 3pm	Afternoon snack- 5pm
Monday	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
Tuesday	Rice cakes and banana slices	Beef meatballs in tomato sauce with pasta Vegan- lentil and tomato pasta	Spanish omelette with baked beans Vegan – Jacket potato with beans	Choice of cracker, rice cake, breadstick or fruit
Wednesday	Melon and breadsticks	Quorn chilli con carne with rice	Tuna pasta salad	Choice of cracker, rice cake, breadstick or fruit
Thursday	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
Friday	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
• 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				