Belfield Weekly Menu Plan – Week 1

Week commencing: 28th September, 26th October, 23rd November, 21st December, 18th January, 15th February, 15th March

	Snack - 9:30am	Lunch - 11:30am	Tea – 3pm	Afternoon Snack – 5pm
Monday	Breadsticks with grated cheese and tomato slices	Tomato and lentil pasta Side – Broccoli	Chicken and carrot risotto Vegan – Sweet potato and carrot risotto Side – Peas	Choice of crackers, rice cake, breadsticks or fruit
Tuesday	Bread and butter fingers with Apple slices	Roast chicken with roast potatoes Vegan – Roast tofu Side – Cauliflower and gravy	Cheese and spinach pinwheels Side – Cucumber slices	Choice of crackers, rice cake, breadsticks or fruit
Wednesday	Rice cakes with cucumber slices and cream cheese	Tuna pasta bake Vegan – Vegetable pasta bake Side – Sweetcorn	Root vegetable soup Side – Bread and butter slices	Choice of crackers, rice cake, breadsticks or fruit
Thursday	Pitta fingers with pepper batons and spinach dip	Sweet and sour Quorn served with rice Side – Green beans	Jacket potato with baked beans and cheese Side – Pepper slices	Choice of crackers, rice cake, breadsticks or fruit
Friday	Crackers with butter and carrot sticks	Beef meatballs in tomato sauce with tagliatelle	Cheese and grated courgette muffins Side – Cucumber slices	Choice of crackers, rice cake, breadsticks or fruit

- Breakfast – A variety of cereals, toast and fruit
- Children are offered Milk or water at breakfast and snack times
- Fruit is offered after all main meals
- Water is offered at all main meals and throughout the day

Belfield Weekly Menu Plan – Week 2

Week commencing: 5th October, 2nd November, 30th November, 28th December, 25th January, 22nd February, 22nd March

	Snack - 9:30am	Lunch - 11:30am	Tea – 3pm	Afternoon Snack – 5pm
Monday	Crackers with cream cheese and carrot sticks	Cottage pie (Beef) Vegan – Lentil shepherd's pie Side – Broccoli	Butternut squash, leek and potato soup Side – Pitta Bread	Choice of crackers, rice cake, breadsticks or fruit
Tuesday	Breadsticks with yoghurt dip and celery sticks	Butternut squash and sweetcorn curry served with rice	Chicken and Apricot couscous	Choice of crackers, rice cake, breadsticks or fruit
Wednesday	Oat cakes with butter and orange slices	Spinach and tomato orzo Side – Boiled carrots	Red lentil and carrot soup with bread-and-butter slices	Choice of crackers, rice cake, breadsticks or fruit
Thursday	Rice cakes and banana slices	Chicken and vegetable stew with rice Vegan – Vegetable stew	Spinach pesto spaghetti	Choice of crackers, rice cake, breadsticks or fruit
Friday	Breadsticks with pear slices	Fish fingers with mashed potato and Peas Vegan – Vegetable fingers	Cheese and beans on toast	Choice of crackers, rice cake, breadsticks or fruit

- Breakfast – A variety of cereals, toast and fruit
- Children are offered Milk or water at breakfast and snack times
- Fruit is offered after all main meals
- Water is offered at all main meals and throughout the day

Belfield Weekly Menu Plan – Week 3

Week commencing: 12th October, 9th November, 7th December, 4th January, 1st February, 1st March, 29th March

	Snack - 9:30am	Lunch - 11:30am	Tea – 3pm	Afternoon Snack – 5pm
Monday	Savoury toasted muffin with butter	Vegetable Paella Side – Tomato slices	Cheese and sweetcorn quiche Side – Pepper slices	Choice of crackers, rice cake, breadsticks or fruit
Tuesday	Oatcakes with butter and tomato slices	Fish Pie Vegan – vegetable pie Side – Beetroot pieces	Chicken and vegetable couscous Vegan – Vegetable and tomato Couscous Side – Pepper sticks	Choice of crackers, rice cake, breadsticks or fruit
Wednesday	Crackers with pear slices	Quorn Chilli and rice	Tomato and Basil soup Side – Toast slices	Choice of crackers, rice cake, breadsticks or fruit
Thursday	Toasted bagels with butter and cucumber slices	BBQ Chicken with rice Vegan – BBQ tofu Side - Sweetcorn	Cheese and broccoli Orzo	Choice of crackers, rice cake, breadsticks or fruit
Friday	Breadsticks with carrot sticks and houmous	French Chicken Cassoulet Vegan – Vegetable Cassoulet Side – Fresh baguette	Crumpet tomato and sweetcorn Pizza	Choice of crackers, rice cake, breadsticks or fruit

- Breakfast – A variety of cereals, toast and fruit
- Children are offered Milk or water at breakfast and snack times
- Fruit is offered after all main meals
- Water is offered at all main meals and throughout the day

Belfield Weekly Menu Plan – Week 4

Week commencing: 19th October, 16th November, 14th December, 11th January, 8th February, 8th March, 5th April

	Snack - 9:30am	Lunch - 11:30am	Tea – 3pm	Afternoon Snack – 5pm
Monday	Crackers with cream cheese and carrot sticks	Turkey spaghetti Bolognese Vegan – Mushroom bolognese	Tomato and pasta soup	Choice of crackers, rice cake, breadsticks or fruit
Tuesday	Rice cakes and banana slices	Vegetable curry served with rice	Spanish omelette with baked beans Vegan – Jacket potato with beans	Choice of crackers, rice cake, breadsticks or fruit
Wednesday	Breadsticks and melon slices	Sweet potato fish cakes with mash potatoes Vegan – Vegetable cakes Side - Peas	Chicken and mushroom pitta pizza Vegan – Mushroom pitta pizza	Choice of crackers, rice cake, breadsticks or fruit
Thursday	Bread and butter fingers with pear slices	Vegetable Lasagne Side -Boiled carrots	Turkey burgers with cucumber and tomato slices Vegan – Vegetable burgers	Choice of crackers, rice cake, breadsticks or fruit
Friday	Oatcakes, butter and cucumber slices	Chicken and mushroom Hot pot Vegan – Vegetable Hot pot	Tomato and spinach Orzo	Choice of crackers, rice cake, breadsticks or fruit

- Breakfast – A variety of cereals, toast and fruit
- Children are offered Milk or water at breakfast and snack times
- Fruit is offered after all main meals
- Water is offered at all main meals and throughout the day