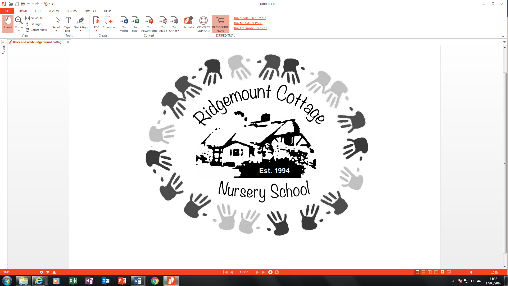
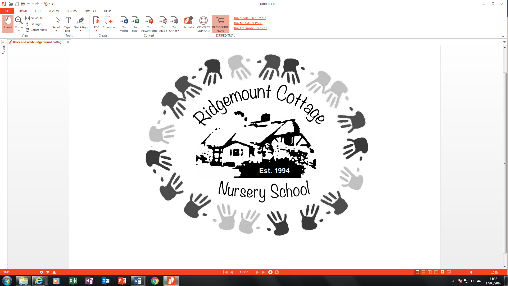
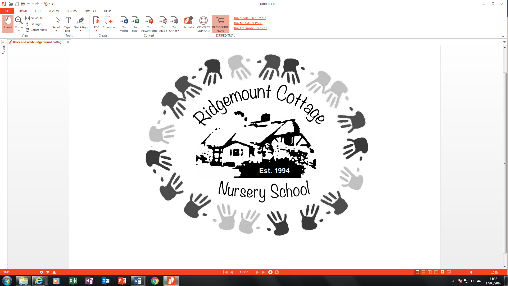
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| **WEEK 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning snack | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar |
| Hot Lunch | Macaroni cheese with onions, peas and mushrooms with garlic bread | Cottage pie with mashed potato, peas, carrots and sweetcorn | Roast Chicken with farmhouse vegetables and roast potatoes | Lentil and chickpea curry with rice | Fish pie with mash potato peas and carrots |
| Alternative meal |  | Cottage pie with quorn mashed potato, peas, carrots and sweetcorn | Quorn Chicken with farmhouse vegetables and roast potatoes |  | . |
| Dessert | Greek yogurt with honey | Stewed fruit and custard | Homemade flapjacks | Ice cream with fruit compote | Angel Delight |
| Tea (main) | Selection of sandwiches – tuna mayo, ham, | Homemade tomato soup with freshly baked bread | Pitta, crudities and dips | Jacket potato with cheese and beans | Mediterranean vegetable pasta |
| Accompanying tea | Tea is served with a fruit and veg selection plate with crudité style finger foods: cucumber, carrot, celery, cherry tomatoes, pepper. Along with this there is freshly prepared fruit: raspberries, strawberries, blueberries, honey dew melon, kiwis, apples, oranges, pears. The fruit and veg selection plate is changed daily with a view towards variety and a well-rounded diet. | | | | |
| Dessert | Fromage frais and fruit | | | | |

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| **WEEK 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning snack | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar |
| Lunch | Spaghetti Bolognese with fresh mince, mushrooms, peppers, onions, and sweetcorn. | Roast Chicken with farmhouse vegetables and roast potatoes | Kedgeree with peas and spinach | Chicken casserole with new potatoes and seasonal veg | Sweet potato and butternut squash risotto |
| Alternative meal | Spaghetti Bolognese with quorn mince, mushrooms, peppers, onions, and sweetcorn. | Quorn Chicken with farmhouse vegetables and roast potatoes | Creamy vegetable kedgeree | Quorn chicken Quorn Chicken with farmhouse vegetables and roast potatoes |  |
| Dessert | Sponge and custard | Jelly and fruit | Angel delight | Banana custard | Greek yoghurt pureed fruit |
| Tea (main) | Homemade leek and potato soup with freshly baked bread | Selection of sandwiches – tuna mayo, ham, | Jacket potato with cheese and beans | Tuna pasta salad | Pitta, crudities and dips |
| Accompanying tea | Tea is served with a fruit and veg selection plate with crudité style finger foods: cucumber, carrot, celery, cherry tomatoes, pepper. Along with this there is freshly prepared fruit: raspberries, strawberries, blueberries, honey dew melon, kiwis, apples, oranges, pears. The fruit and veg selection plate is changed daily with a view towards variety and a well-rounded diet. | | | | |
| Dessert | Fromage frais | | | | |

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| **WEEK 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM snack | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar | Selection of seasonal fresh fruit from snack bar |
| Lunch | Chicken curry with onions, peas and rice | Fish in parsley sauce, new potatoes and farmhouse vegetables | Lasagne with onions and mushrooms with garlic bread and farmhouse vegetables | Roast Chicken with farmhouse vegetables and roast potatoes | Lentil casserole with parsnip, swede, and mash |
| Alternative meal | Vegetable curry  With rice |  | Vegetarian Lasagne with onions and mushrooms with garlic bread and farmhouse vegetables | Quorn Chicken with farmhouse vegetables and roast potatoes |  |
| Dessert | Ice cream with fruit compote | Homemade chocolate brownies | Fruit crumble and custard | Greek yogurt and honey | Jelly and fruit |
| Tea (main) | Jacket potato with cheese and beans | Pitta, crudites and dips | Chickpea pasta salad with tomato and basil | Selection of sandwiches – tuna mayo, ham | Homemade vegetable soup with freshly baked bread |
| Accompanying tea | Tea is served with a fruit and veg selection plate with crudité style finger foods: cucumber, carrot, celery, cherry tomatoes, pepper. Along with this there is freshly prepared fruit: raspberries, strawberries, blueberries, honey dew melon, kiwis, apples, oranges, pears. The fruit and veg selection plate is changed daily with a view towards variety and a well-rounded diet. | | | | |
| Dessert | Fromage frais | | | | |

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