



Spring Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Three bean minestrone soup with brown bread	Asian chicken burgers with pepper sticks V- Vegetarian burgers	Chicken Stir fry V- Tofu stir fry	Chicken fajitas with peppers V- Vegetarian wraps	Baked sweet potato fish cakes with mixed vegetables V- Cheese and onion rolls
Dessert	Apple Lattice with ice cream	Seasonal poached fruit with natural yogurt	Frozen yoghurt	Seasonal fresh fruit salad	Homemade rhubarb oat crumble with ice cream
Afternoon Snack	Selection of fruit and vegetable sticks				
Tea	Homemade turkey escalopes with sweet potato wedges and peas V- Quorn escalopes	Jacket Potato's with tuna mayonnaise, beans or cheese	Homemade fish goujons with potatoes and carrots V- Vegetarian burgers	Macaroni Cheese with vegetable sticks	Chicken and Vegetable Tray Bake Bake V- Bean and Vegetable pasta bake

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Rainbow pepper cous cous with lemon chicken V- Rainbow pepper cous cous with tofu	Courgetti with chicken and homemade tomato sauce V- Courgetti with mushroom	Beef Spaghetti Bolognese with grated carrot. V- Bean Bolognese	Coronation chicken with wholegrain rice and peas V- Sweet potato curry	Turkey sausages with sweet potato chips and mixed vegetables. V- Vegetarian sausages
Dessert	Frozen yoghurt	Apple Lattice with ice cream	Strawberry mousse	Homemade fruit jelly	Lemon Tart
Afternoon Snack	Selection of fruit and vegetable sticks				
Tea	Baked salmon with tomatoes, crushed new potatoes and sweet corn V- Sweet potato hash and sweetcorn	Vegetable and Chickpea Tagine	Homemade pizza with chicken and sweet corn topping with vegetable sticks V- Vegetarian pizza	Meatballs with spaghetti V- Courgette lasagne	Soft tacos with chicken and peppers V- Vegetarian wraps



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Sweetcorn and courgette fritters with homemade potato wedges	Tuna Pasta Bake with sweet corn. V- Mixed Vegetable Penne	Courgette & Pea Risotto	Chicken Kiev with sweet potato wedges and corn. V- Squash and Pea frittata	Lentil Moussaka
Dessert	Homemade fruit jelly	Frozen Yoghurt	Seasonal poached fruit with natural yogurt	Homemade rhubarb oat crumble with ice cream	Seasonal fresh fruit salad
Afternoon Snack	Selection of fruit and vegetable sticks				
Tea	Chicken and Vegetable Tray Bake V- Bean and Vegetable pasta bake	Homemade fish goujons and potatoes and carrots V- Vegetarian burgers	Tortilla pizza with Chicken and peppers V- Tortilla Pizza with peppers and spinach	Jacket Potato's with tuna mayonnaise, beans or cheese	Homemade turkey escalopes with sweet potato wedges and peas V- Quorn escalopes
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Coronation chicken with wholegrain rice and peas. V- Sweet potato curry	Sweet and Sour chicken with rice and peppers V- Baked aubergine	Fish Pie with broccoli V-Cauliflower pasta shells	Beef Lasagne with peas V- Courgette lasagne	Roast Chicken with roast potatoes, carrot mash and gravy V- Roasted Cauliflower
Dessert	Lemon Tart	Strawberry Mousse	Homemade fruit jelly	Frozen Yoghurt	Apple Lattice with ice cream
Afternoon Snack	Selection of fruit and vegetable sticks				
Tea	Meatballs with fruity quinoa and chopped tomatoes V- Falafel with fruity quinoa	Macaroni Cheese with vegetable sticks	Soft tacos with chicken and peppers V- Vegetarian wraps	Homemade pizza with chicken and sweet corn topping with vegetable sticks V- Vegetarian Pizza	Vegetable and Chickpea Tagine