

SPRING 2018

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Potato and coconut curry served with rice.	Turkey Bolognese with pasta and garlic bread.	Toad in the hole with mash potato peas and gravy.	Creamy chicken and leek hot pot served with sauté potatoes.	Homemade fishcakes served with mixed salad.
Pudding	Bananas and custard.	Fresh fruit.	Yoghurt.	Jelly fruit.	Pears.
Tea	Vegetable and chickpea soup and bread.	Sweet potato bake served with beans.	Pesto pasta served with kale and avocado.	Egg, ham or marmite sandwiches.	Mac + cheese served with carrot batons.
Pudding	Yoghurt.	Shortbread and milkshake.	Fruit salad	Crumble and custard.	Fairy cakes.

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Fish fingers served with wedges, peas sweetcorn and tomato sauce.	Slow roast beef stew served with roast potatoes and broccoli.	Sweet and sour chicken with rice.	Vegetable crunch.	Pizza and salad.
Pudding	Peaches and cream.	Jelly and fruit.	Bananas.	Flapjack.	Yoghurt.
Tea	Wraps with ham, tuna, egg and cheese OR Jacket potato – cheese and tuna.	Sandwiches with ham, egg and tuna.	Baked beans and scrambled egg on toast.	Pesto pasta with tomato and garlic.	Chicken and sweetcorn soup.
Pudding	Pears.	Apple.	Yoghurt	Jam sponge-roll.	Chefs surprise.

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Beef burgers served with baby gem lettuce and wedges.	Homemade fish pie.	Vegetable lasagne.	Roast dinner.	Turkey meatballs with vegetables and rice.
Pudding	Fruit and ice cream.	Flapjack.	Fresh fruit.	Yoghurt.	Fruit cobbler.
Tea	Pasta served with Mediterranean vegetables.	Cold wraps with tuna and cheese.	Tomato soup.	Mixed bean and vegetable cous cous.	Sandwiches with egg, ham and marmite.
Pudding	Apple quarters.	Peach slices.	Fairy cakes.	Banana.	Jelly.