



LUNCH MENU 2014



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & dried fruit	Toast & apple slices	Cereal & dried fruit	Toast & banana	Cereal & dried fruit
10am Snack	Apple	Grapes	Banana	Orange	Pear
Week 1 Lunch	Spagetti bolognaise (quorn) & cucumber	Sausage & bean pie with mixed vegetables	Vegetable grills & tomato couscous	Salmon pasta & salad	Vegetable chow mein
Dessert	Baked custard & fruit	Fresh fruit salad	Yoghurts	Fruit sponge & custard	Apple tart
Week 2 Lunch	Tuna past bake	Quorn & broccoli vol au vents with carrots	Sausage & vegetable lentil casserole	Cottage pie (quorn mince), peas & sweetcorn	Sweet potato & chick pea curry with rice
Dessert	Rice pudding	Jelly	Ice-cream	Yoghurt & fruit	Cranberry & banana flapjack with custard
Week 3 Lunch	Ham & broccoli potato bake	Cheesy cauliflower macaroni & cherry tomato	Spagetti bolognaise (quorn) & cucumber	Morrocان chicken & couscous	Fish & vegetable gratin with garlic bread
Dessert	Clementine & yoghurt dessert	Fruit flan	Chocolate custard & banana	Pancakes & yoghurt	Jelly & fruit
Week 4 Lunch	Chilli con carne (quorn) with wholemeal rice	Sausage plait with tomato sauce & mixed vegetables	Pasta tomatoe & mascapone sauce with salad	Quorn & broccoli vol au vents with carrots	Chicken & vegetable casserole with mashed potato
Dessert	Fruit fool	Sugar free Jelly & Fruit	Yoghurt & shortbread	Banana custard	Ice-cream
2pm Snack	Breadsticks	Cheese Savouries	Rice Cakes	Rich Tea Biscuits	Popcorn

All lunches are freshly made by our in-house Chef and are charged at £2.50 per day per child

Free range and organic foods are used where possible

Breakfast and Snacks are alternated each week to provide the children with variety