



Menu - Week 1

All meat used is halal. Dietary requirements and allergies will be catered for on an individual basis. We only use low/ no salt products and we never add salt to recipes. The four main food groups are offered at every meal -fruit/veg (**F/V**), carbohydrates (**C**), dairy (**D**) and protein (**P**).

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A healthy choice of porridge, weetabix, cornflakes or rice krispies with semi-skimmed milk. Followed by hot buttered toast or crumpets and fresh seasonal fruit. Drinks include milk or water. Children are supported to make choices, serve their own food, and pour their own drinks.

Lunch

Homemade frittata served with
carrot & couscous salad and
homemade ketchup
(**C**) (**D**) (**P**) (**F/V**)

Homemade Fish pie
served with peas & sweetcorn
(**C**) (**D**) (**P**) (**F/V**)

Chicken curry with butternut
squash served with brown rice
and raita
(**C**) (**D**) (**P**) (**F/V**)

Spaghetti Bolognese (using
brown and white spaghetti)
served with grated cheese
(**C**) (**D**) (**P**) (**F/V**)

Roast chicken dinner served
with carrots, broccoli, new
potatoes and homemade gravy,
(**C**) (**P**) (**F/V**)

Dessert

Homemade mango lassi
(**D**) (**P**) (**F/V**)

Plain natural yogurt - topped
with fruit from the fruit bar and
blitzed frozen berries
(**D**) (**P**) (**F/V**)

Homemade oat and raisin
cookies
(**C**) (**D**) (**F/V**)

Homemade banana pancakes
(**C**) (**D**) (**P**) (**F/V**)

Plain natural yogurt - topped
with fruit from the fruit bar and
blitzed frozen berries
(**D**) (**P**) (**F/V**)

Fruit Bar - to be served with dessert at lunch and tea

Tea

Bulgar and veg soup served
with wholemeal bread and
cheese fingers.
(**C**) (**D**) (**P**) (**F/V**)

Lamb mince tacos(corn)
with salsa and cheese
(**C**) (**D**) (**P**)

Tuna and cheese
sandwiches on wholemeal
bread.
(**C**) (**D**) (**P**)

Noodle stir fry with
chicken and vegetables
(**C**) (**P**) (**F/V**)

Dahl served with brown rice
and mint yogurt dip.
(**C**) (**D**) (**P**)

Salad / Veg Bar - to be served with lunch and tea



Monday: Frittata
(Click to view full recipe)



Tuesday: Fish Pie (Click to
view full recipe)



Wednesday: Chicken Curry
(Click to view full recipe)



Thursday: Spaghetti Bolognese
(Click to view full recipe)



Friday: Roast Chicken (Click to
view full recipe)