



Menu - Week 3

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	Lentil and chickpea lasagne (C) (D) (P) (F/V)	Home made cheese flan using wholemeal pastry served with home made coleslaw using mint yogurt dip (C) (D) (P) (F/V)	Lamb, spinach & potato Curry served with mixed brown and white rice and mint yogurt dip (C) (D) (P) (F/V)	Roast chicken dinner served with carrots, broccoli, new potatoes and homemade gravy (C) (D) (P) (F/V)	Homemade Fish pie Served with peas & sweetcorn (C) (D) (P) (F/V)
Dessert	Plain natural yogurt - topped with fruit from the fruit bar and blitzed frozen berries (D) (P) (F/V)	Plain natural yogurt - topped with fruit from the fruit bar and blitzed frozen berries (D) (P) (F/V)	Honey & Date Cake (C)	Plain natural yogurt - topped with fruit from the fruit bar and blitzed frozen berries (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	Lamb chilli with wedges of jacket potato and mint yogurt dip (C) (D) (P)	Homemade chicken burgers in a wholemeal pitta with cheese & lettuce (C) (D) (P)	Noodle stir fry with chicken and vegetables (C) (P) (F/V)	Tuna pasta bake (brown and white pasta mixed) (C) (D) (P) (F/V)	Carrot and lentil soup served with wholemeal cheese on toast fingers (C) (D) (P) (F/V)
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Salad / Veg Bar - to be served with lunch and tea





CLICK HERE!

Monday: Lentil and chickpea lasagne (Click to view full recipe)





CLICK HERE!

Tuesday: Cheese Flan (Click to view full recipe)

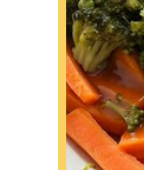




CLICK HERE!

Wednesday: Lamb, spinach & potato Curry(Click to view full recipe)





CLICK HERE!

Thursday: Roast chicken dinner (Click to view full recipe)





CLICK HERE!

Friday: Homemade Fish pie (Click to view full recipe)