

## Spring Menu 2021

### Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Natural yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
<b>MORNING SNACK</b>	Selection of fresh seasonal fruit				
<b>LUNCH</b>	Macaroni Cheese with Chick Pea and Coleslaw Salad	Chicken, Leek and Mushroom Pie with New Potatoes and Broccoli	Keema Biryani (Beef and Red Peppers)	Roast Turkey with Roast Potatoes, Summer Squash and Cauliflower	Fish Goujons with Sweetcorn and Peas Served with Freshly baked Wholemeal Bread
<b>VEGETARIAN LUNCH</b>		Green Lentils, Leek and Mushroom Pie with New Potatoes and Broccoli	Vegetable and Red Lentil Biryani	Roast Quorn Fillet with Roast Potatoes, Summer Squash and Cauliflower	Fishless Fingers with Sweetcorn and Peas Served with Freshly baked Wholemeal Bread
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				
<b>AFTERNOON SNACK</b>	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
<b>TEA</b>	Mixed Beans and Pepper Chilli with Wholemeal Rice	Bulgar Wheat Tabbouleh with Falafel and Houmous	Wholemeal Tuna Pasta Bake and Salad	Ham, Cheese and Tomato Pizza with Vegetable Sticks	Vegetable Omelette Popovers with Seasonal Salad
<b>VEGETARIAN TEA</b>				Cheese and Tomato Pizza with Vegetable Sticks	
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				

