

Spring Menu 2021

Week 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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				
MORNING SNACK	Selection of fresh seasonal fruit				
LUNCH	Sweet and Sour Vegetables with Egg Fried Rice	Shepherd's Pie with Swede and Potato Topping served with Broccoli	Roast Chicken with Roast Potatoes, Vegetables and Gravy	White Fish Curry with Wholegrain Rice	Beef Lasagne served with Leafy Green Salad
VEGETARIAN LUNCH		Shepherdess Pie with Swede and Potato Topping and Broccoli	Roast Quorn with Roast Potatoes, Vegetables and Gravy	Chick Pea and Potato Curry with Wholegrain Rice	Vegetable Lasagne with Leafy Green Salad
DESSERT	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				
AFTERNOON SNACK	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
TEA	Tomato, Basil and Mascapone Wholemeal Pasta Bake	Carrot and Coriander Soup with Wholemeal Bread	Cheesy Foccaccia served with Beetroot and Carrot Salad	Ham and Vegetable Omelette served with Seasonal Salad	Jacket Potatoes with Tuna, Crème Fraiche and Sweetcorn
VEGETARIAN TEA				Vegetable Omelette served with Seasonal Salad	Jacket Potatoes with Beans, Cheese and Sweetcorn
DESSERT	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				

