

Spring Menu 2021

Week 3

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	Hungarian Ratatouille with Bulgar Wheat and Peas	Lamb and Aubergine Curry with Couscous	Vegetarian Roast with Garlic Roast New Potatoes and Broccoli	Baked Cod with Tomato and Courgette Risotto	Nigerian Beef Stew with Wholegrain Rice
VEGETARIAN LUNCH		Chickpea and Aubergine Curry with Couscous			Nigerian Vegetable Stew with Wholegrain Rice
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	Falafel with Green Pea Houmous, Peashoots and Pitta Breads	Wholemeal Tuna and Sweetcorn Pasta Bake	Chicken Fajita with Tomato and Sweetcorn Salsa	Jacket Potato with Cheese and Ham filling served with Peas	Leek and Potato Soup with Soda Bread
VEGETARIAN TEA			Quorn Fajita with Tomato and Sweetcorn Salsa		
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				

