

## Spring Menu 2021

### Week 4

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>	Spinach, Chick Pea and Sweet Potato Curry with Bulgar Wheat	Turkey and Mushroom served with Wholemeal Penne Pasta	Spaghetti Bolognese with Green Beans	Jerk Seasoned Chicken with Coconut Rice and Red Kidney Beans	Fish Pie with Mashed Potatoes, Peas and Carrots
<b>VEGETARIAN LUNCH</b>		Mushroom and Green Lentil served with Wholemeal Penne	Lentil Bolognese with Green Beans	Jerk Seasoned Quorn Fillet with Rice and Red Kidney Beans	
<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>	Cheese and Potato Pie with Tomato Cress and Cucumber Salad	Vegetable Quesadilla with Sweet Potato Wedges and Sweetcorn	Jacket Potatoes with Tuna and Cheese	Wholemeal Pizza with Mushroom and Mozzarella	Crustless Pepper and Courgette Quiche with Red Apple and Cucumber Salad
<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				

