



## Our Weekly Menu – Spring Term



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8:00-8:30 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk and sliced banana  Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters  White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread  Banana	Wheat bisks with milk and mixed berries  Half a slice of fruit bread and spread	Crisped rice cereal and milk  Half a bagel with spread and melon
	<b>Mid-morning snack</b> 9:45-10:00  Planned to provide 10% of a child's daily nutritional requirements	Breadsticks and mixed vegetable sticks  Milk or water	Toasted crumpet, spread and strawberries  Milk or water	Yoghurt and orange  Milk or water	Wholemeal toast with spread and mangetout  Milk or water
<b>Lunch</b> 11:30-12:00 Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Roast chicken (Quorn pieces for vegetarian) with new potatoes and roast vegetables.  Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad  Rhubarb fool	Beef ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes  Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto)  Blueberry sponge cake	Bean and veggie sausage with pasta bake  Plain Greek yoghurt with raspberry puree
	<b>Mid-afternoon snack</b> 2:30-2:45  Planned to provide 10% of a child's daily nutritional	Cheese (sliced or cut into sticks) and sliced tomatoes  Milk / water	Pineapple slices  Milk / water	Mashed avocado and pitta bread  Milk / water	Mixed chopped seasonal fruit  Milk / water
<b>Tea</b> 4:30-5:00 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Bean and tomato gnocchi bake with bread and spread  Strawberry yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish  Seasonal fruit salad	Pasta with beans and peas  Rice pudding with peach purée	Wholemeal English muffin pizza with various toppings  Banana slices	Crustless quiche with potato salad and pepper sticks  Apple slices and raisins



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8:00-8:30 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat bisks with milk and kiwi fruit  Wholemeal toast and spread	Berries and yoghurt with cornflakes	Crisped rice cereal with milk and sliced banana  Crumpet with spread	Cornflakes and milk  Half a toasted teacake with spread and melon	Toasted English muffin with spread, egg and mushrooms
<b>Mid-morning snack</b> 9:45-10:00  Planned to provide 10% of a child's daily nutritional requirements	Orange and bananas  Milk / water	Pepper sticks and tomato slices  Milk / water	Wholemeal toast with spread and kiwi fruit quarters  Milk / water	Banana slices  Milk / water	Bagel and cream cheese  Milk / water
<b>Lunch</b> 11:30-12:00 Planned to provide 30% of a child's daily nutritional requirements  Drinks: Water only	Spaghetti bolognaises with beef, mushroom, red pepper and beans.  Lemon and sultana cake	Beef and spinach curry (or chickpea and spinach curry) with white rice and naan bread  Seasonal fruit salad	Chicken (Tofu) in tomato and pepper sauce with couscous and green beans  Rice pudding and raspberries	Vegetable and red lentil dhansak with rice  Fruit, jelly and ice cream	Turkey meatballs (or veggie 'meatballs') with white spaghetti  Peach fool ripple
<b>Mid-afternoon snack</b> 2:30-2:45 Planned to provide 10% of a child's daily nutritional	Nectarine slices  Milk / water	Oatcakes and cream cheese  Milk / water	Cucumber and carrot sticks  Milk / water	Crackers or toast with spread and tomato slices  Milk / water	Melon and orange  Milk / water
<b>Tea</b> 4:30-5:00 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Couscous and chickpea salad  Rice pudding and raisins	Sardine pâté (or pinto bean spread) on white toast with grilled tomatoes  Fruit yoghurt pots	veggie sausage and beans with wholemeal pasta  Seasonal fruit kebabs	Lemon chicken (or Lemon soya) wrap with lettuce and cucumber  Plain Greek yoghurt with strawberries and blackcurrants	Pea and asparagus frittata with new potato salad  Pineapple slices



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8:00-8:30 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Wheat cereal with milk Half a white bagel with spread, tomato and mushrooms	Cornflakes with milk and banana  Wholemeal toast and spread	Shredded wheat with milk Toasted fruit bread with spread and kiwi fruit	Wheat bisks with milk and raisins Half a crumpet and spread	Crisped rice cereal with milk Wholemeal toast and spread
<b>Mid-morning snack</b> 10:00-10:30 Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain yoghurt  Milk / water	Toast with spread, carrot and pepper sticks  Milk / water	Mixed berries and plain yoghurt  Milk / water	Wholemeal toast and spread  Milk / water	Sugar snap peas and houmous  Milk / water
<b>Lunch</b> 12:00-1:00 Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef and mushroom stroganoff (or bean and mushroom stroganoff) with white rice  Banana buns	Pasta primavera with garlic bread  Yoghurt and dried apricots	Gammon (or Quorn <sup>TM</sup> fillet) with parsley sauce, new potatoes and green beans  Seasonal fruit platter	Cod, potato and spinach curry (or lentil, potato and spinach curry) with cous cous  Creamy apricot dessert	Chicken and vegetable pie (or cheese and vegetable pie) with roast potatoes and spring greens  Summer crumble and custard
<b>Mid-afternoon snack</b> 2:15-2:45 Planned to provide 10% of a child's daily nutritional	Crumpets and spread  Milk / water	Banana and yoghurt  Milk / water	Pitta bread and tuna dip  Milk / water	Pepper sticks and cheese (sliced or cut into sticks)  Milk / water	Rice cakes, cucumber sticks and tomatoes  Milk / water
<b>Tea</b> 4:00-5:00 Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Savoury omelette with potato salad and cucumber  Strawberry frozen yoghurt	Lamb and mint koftas (or veggie mince and mint koftas) with tomato sauce and wholemeal pitta bread  Apple slices and dates	Salmon and broccoli pasta (or lentil and broccoli pasta) with sweetcorn  Semolina and nectarine compote	Homemade cheese flatbread with mixed bean salad  Orange and melon	Bean and vegetable enchiladas  Dairy ice cream and mango slices