

Children's Menu

Monday	Week 1	Week 2	Week 3	Tea	Snack
Main meal	Ham, sweetcorn, and Roast potatoes 2	White fish and cauliflower in a tomato sauce and sweet potato chunks 5	Vegetable and lentil stew 1, 14,	Scrambled egg with crusty bread 5, 4, 7, 2	Fruit
Dietary option	Quorn slices, sweetcorn, and Roast potatoes 2, 13	Swede, carrot and cauliflower in a tomato sauce and sweet potato chunks	Same as above	Crusty bread with tomato relish	
Dessert	Natural Yogurt. 7	Plain homemade cookie 2, 6, 7	Plain homemade cookie 2, 6, 7	Fruit	
Tuesday					
Main meal	Vegetable ragu with spaghetti 1, 14, 6	Chicken and vegetable stew 1, 14	Jacket potato with tuna and sweetcorn 5	Pitta bread with houmous and carrot sticks 2, 5, 12	Fruit
Dietary option	Same as above	Quorn pieces and vegetable stew 1, 13, 14	Jacket potato with sweetcorn and cheese 5, 7	Same as above	
Dessert	Apple crumble 6, 14	Pineapple slices	Bananas and custard 7	Fruit	
Wednesday					
Main meal	Mackerel and couscous with peas 2, 5	Vegetable fingers, new potatoes, and carrots	Butternut squash and coconut milk curry with rice 2, 7, 9, 1	Thick tomato soup 7	Fruit
Dietary option	Vegetable couscous with peas 2	Same as above	Same as above	Same as above	
Dessert	Ginger homemade cookie 2, 6, 7	Natural Yogurt 7	Gingerbread 2, 7	Fruit	
Thursday					
Main meal	Chicken curry and rice 2, 9, 1	Tuna and broccoli pasta 5, 7	Fish pie with a white sauce and crunchy potato top 5, 7	Cous - cous with passata, chopped onions and peppers 2	Fruit
Dietary option	Quorn pieces, curry and rice 1, 2, 9, 13	Vegetable pasta 5	Quorn pieces, pie with a white sauce and crunchy potato top. 5, 13	Same as above	
Dessert	Plain sponge 2, 4, 7, 6	Melon slices	Natural yogurt 7	Fruit	
Friday					
Main meal	Quorn chilli con carne with wedges 2, 13, 14	Pork meatballs in a tomato sauce with rice 14	Mince beef, sweet potato mash and sweetcorn 14	Rice cakes with butter and cucumber sticks. 7	Fruit
Dietary option	Same as above	Quorn meatballs in a tomato sauce with rice 13, 14	Quorn mince, sweet potato mash and sweetcorn 13, 14	Same as above	
Dessert	Melon slices	Mixed fruit crumble 2, 7, 14	Mandarins	Fruit	