

Lunch Time Menus



Child's Name.....

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Homemade Chicken Korma Or Homemade Quorn Korma With Rice & Cauliflower Ice Cream Roll Fruit or Yogurt	Homemade Beef Pastitsio (Greek Pasta Bake) Or Homemade Meat Free Mince Pastitsio with Salad Watermelon	Teriyaki Salmon with Nut Free Pesto Noodles & Vegetables Or Potato Carrot & Sweetcorn Balls Nut Free Pesto Noodles & Vegetables Rice Crispy Cakes or Fruit	Chicken Kiev's Or Vegetarian Kiev's with New Potatoes & Vegetables Blueberry Sponge or Fruit	Homemade Battered Fish with Chips & Baked Beans Or Fishless Fingers with Chips & Baked Beans Angel Delight Or Fruit
Week Two	Lemon Sole Bites with Macaroni Cheese Or Potato & Butternut Squash Tots & Salad Orange & Lemon Cupcakes Or Fruit	Homemade Beef Burgers with Cubed Potatoes & Vegetables Or Homemade Vegetable Burgers Cubed Potatoes & Vegetables Fruit Salad	Homemade Mild Thai Chicken Curry with Rice & Vegetables Or Homemade Mild Thai Quorn Curry Rice & Vegetables Cheesecake or Fruit	Homemade Beef Pasty With Mash Potatoes Vegetables & Gravy Or Homemade Vegetable Pasty With Mash Potatoes Vegetables & Gravy Greek Yogurt with fruit Puree Or Fruit	Cheese Tortellini with Homemade Tomato Sauce Garlic Bread & Salad Banana Cake Or Fruit
Week Three	Homemade Tuna Fishcakes with Red Pepper & Tomato Sauce with Rice & Salad Or Battered Quorn Fillet Rice & Salad Fruit Crumble & Custard Or Fruit	Homemade Chicken Balls with Nut Free Pesto & Tomato Sauce Spaghetti & Vegetables Or Sweet Potato Carrot & Lentil Croquettes Jam Tarts Or Fruit	Homemade Beef Lasagne Or Homemade Meat free Mince Lasagne With Garlic Bread & Salad Angel Delight Or Fruit	Homemade Lamb Kofta Kebabs With Pitta Bread Cous Cous Mint Raita & Salad Or Falafel Kebabs with Pitta Bread Cous Cous Mint Raita & Salad Fruit Jelly & Ice Cream Or Fruit	Homemade Coconut Chicken Tenders with Potato Rosti & Beans Or Quorn Dippers with Potato Rosti & Spaghetti Homemade Cookie Or Fruit

Please circle which meal you would like your child to have for lunch over the next 3 weeks, remembering to choose a meal for each session they attend. Thanks!

Teatime Menus



Child's Name.....

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Cheese Pizza With Salad Fruit or Yogurt	Sliced Turkey Baguette Or Sliced Quorn Baguette With Salad Fruit or Yogurt	Jacket Potatoes With Cheese & Beans Fruit or Yogurt	Homemade Macaroni Cheese With Salad Fruit or Yogurt	X
Week Two	Cream Cheese Sandwiches With Salad Fruit or Yogurt	Soft Baked Pitta with Tuna Mayo Or Houmous With Salad Fruit or Yogurt	Tomato Basil Lentil One Pot Pasta With Salad Fruit or Yogurt	Homemade Broccoli & Cauliflower Cheese Bake With Salad Fruit or Yogurt	X
Week Three	Cheese & Onion Slice With Pasta Salad Fruit or Yogurt	Baked Beans On Best of Both Toasted Bread Fruit or Yogurt	Fresh Baked Baguette with Baby Bel & Assorted Cheese & Salad Fruit or Yogurt	Mini Vegetable Quiche With Pasta Salad Fruit or Yogurt	X

Please circle which meal you would like your child to have for tea over the next 3 weeks, remembering to choose a meal for each session they attend. Thanks!