

Childs Name: \_\_\_\_\_

Starjumps Tea time Menu 2019.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Corned Beef Sandwich Or Cheese and Tomato Sandwich With vegetable sticks  Fruit or Yogurt	Spaghetti Hoops On Toast  Fruit or Yogurt	Sausage Rolls Or Vegetable Rolls With Tomato and Cucumber  Fruit or Yogurt	Jacket Potatoes With Beans and Cheese  Jelly	Assorted Wraps Tuna Ham Chicken Or Cheese with Baked Crisps & Salad  Fruit or Yogurt
Week Two	Mini Baguette with Sliced Chicken Or Sliced Cheese Cucumber and Celery  Strawberry Mousse	Seasonal Vegetable Soup With Bread and Butter  Fruit or Yogurt	Pasta Salad with Sliced Chicken or Diced Quorn And Mixed Salad  Fruit or Yogurt	Vegetable Ravioli On Toast  Fruit or Yogurt	Cheese and Tomato Pizza Coleslaw & Sweetcorn  Fruit or Yogurt
Week Three	Assorted Sandwiches Ham Chicken Tuna or Cheese With Cherry Tomatoes And Cucumber  Fruit or Yogurt	Tuna and Sweetcorn Pasta Or Quorn and Sweetcorn Pasta with Mixed Salad  Fruit or Yogurt	Baked Beans On Toast  Sliced Peaches and Cream	Mini Baguette with Sliced Turkey Or Mozzarella and Tomato  Fruit or Yogurt	Cream Crackers Ham Or BabyBel & Assorted Cheese With Pom-bear Crisps Salad and Pickle  Fruit or Yogurt
Week Four	Macaroni Cheese With Mixed Salad  Fruit or Yogurt	Hot Dogs Or Vegetarian Hot Dogs With Baked beans  Jelly	Assorted Wraps Tuna Ham Chicken Or Cheese with Baked Crisps & Salad  Fruit or Yogurt	Seasonal Vegetable Soup With Bread and Butter  Fruit or Yogurt	Chicken Dippers Or Quorn Dippers With Noodle Salad  Fruit or Yogurt

**Please circle which meal you would like your child to have for lunch at Starjumps.  
As we alternate meals on a 4-week rota, please choose a meal for each session they attend.  
Thank you.**

Childs Name: \_\_\_\_\_

Starjumps Lunch Menu 2019.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Tuna and Tomato Pasta Bake or Cheese and Tomato Pasta Bake & Seasonal Vegetables  St Clements Cake Or fruit	Beef Enchiladas Or Bean Enchiladas With Seasonal Vegetables  Jelly Or fruit	Cheese and Tomato Pizza Muffins with Corn on the Cob & Smiley Faces  Key Lime Pie Or fruit	Roast Chicken or Roast Quorn With Roast Potatoes Seasonal Vegetables Yorkshire Puddings & Gravy  Flapjacks Or fruit	Pasitisio Or Macaroni Cheese & Mixed Salad  Fresh Bake Or fruit d Cookie
Week Two	Jacket Potatoes With Tuna or Chilli or Cheese and Beans  Gingerbread Men Or fruit	Chicken Korma Or Quorn Korma With Rice Naan Bread & Cauliflower  Ice Cream and Jelly Or fruit	Smoked Haddock with White Sauce Or Sweet Potato Lentil & Carrot Croquettes With Mashed Potatoes & Seasonal Vegetables  Cheesecake Or fruit	Shephard's Pie with Sweet Potato Mash Or Vegetable Pie With Seasonal Vegetables  Apple Crumble Cake & Custard Or fruit	Beef Bolognaise or Quorn Bolognaise Spaghetti Garlic Bread & Seasonal Vegetables  Banana Cake Or fruit
Week Three	Cod Fishcake Or Vegetable Kiev New Potatoes & Seasonal Vegetables  Fruit Cocktail	Lasagne Or Quorn Lasagne With Garlic bread and Mixed Salad  Banoffee Pie Or fruit	Roast Turkey Or Roast Quorn With Roast Potatoes Stuffing, Seasonal Vegetables Yorkshire Puddings and Gravy Rice Crispy Cakes Or fruit	Lamb Meatballs in Tomato Sauce Or Quorn Balls with Noodles & Seasonal Vegetables  Shortbread Strawberries & Cream Or fruit	Breaded Chicken burgers Or Vegetable Burgers With Baked Beans and Mini Potato Rosti  Mousse or Fruit
Week Four	Beef Sausage Toad Or Quorn Sausage Toad Mash Potatoes & Seasonal Vegetables  Cup Cakes Or fruit	BBQ Chicken or BBQ Quorn With Rice and Seasonal vegetables  Jam & Coconut Sponge & Custard Or fruit	Fish Goujons Or Fishless Fingers with Cous Cous & Spaghetti Hoops  Fresh Fruit Kebab	Roast Chicken or Roast Quorn With Roast Potatoes Seasonal Vegetables Yorkshire Puddings & Gravy  Rice Pudding or Fruit	Cheese and Vegetable Quiche With New Potatoes & Seasonal Vegetables  Trifle Or Fruit

**Please circle which meal you would like your child to have for lunch at Starjumps.  
As we alternate meals on a 3-week rota, please choose a meal for each session they attend.  
Thank you**