

# Menu - Week 1

## April - August 2025

	Breakfast	Lunch	Dessert	Snack	Tea
<b>Monday</b>	Cereals (low sugar) Milk	Thai Green vegetable curry and rice	Melon	Breadsticks Milk	Vegetable pasta Fruit
<b>Tuesday</b>	Wholemeal toast Milk	Poached fish, potatoes and vegetables  Veg. option: Vegetable fritters	Fruit salad	Fruit Milk	Wraps with a selection of fillings, cucumber sticks Fruit
<b>Wednesday</b>	Weetabix with milk	Chicken Korma, rice and salad  Veg. option: Lentil Korma	Fruit jelly and ice cream	Rice cake with cream cheese Milk	Beans on toast Fruit
<b>Thursday</b>	Fruit yoghurt	Tagliatelle with mushroom and tomato sauce Salad	Watermelon slices	Fruit Milk	Mozzarella and vegetable pizza Fruit
<b>Friday</b>	Cereals Milk	Chickpea and spinach curry with rice	Cake and custard	Fruit Milk	Cheese and onion roll Fruit

# Menu - Week 2

## April - August 2025

	Breakfast	Lunch	Dessert	Snack	Tea
<b>Monday</b>	Cereals (low sugar) Milk	Spinach and lentil dahl with wholemeal pitta bread	Banana and ice cream	Rice cakes Humus	Tomato, basil and sweetcorn pasta Fruit
<b>Tuesday</b>	Fruits, yoghurt	Jacket potato, beans and cheese Side salad	Melon	Fruit Milk	Egg fried rice with mixed vegetables Fruit
<b>Wednesday</b>	Weetabix with milk	BBQ chicken with black eyed peas, rice and salad  Veg. option: Chickpea tikka	Mixed fruit	Bread sticks with cream cheese	Selection of sandwiches with vegetable sticks Fruit
<b>Thursday</b>	Toast	Salmon in a white sauce, new potatoes, veg  Veg. option: Vegetable fritters	Chocolate Rice Krispie cake	Fruit Milk	Vegetable pasta bake Fruit
<b>Friday</b>	Cereals (low sugar) Milk	Vegan Jambalaya (butter beans) with rice	Apple and watermelon slices	Crackers, spread Milk	Selection of wraps Fruit

# Menu - Week 3

## April - August 2025

	Breakfast	Lunch	Dessert	Snack	Tea
<b>Monday</b>	Cereals (low sugar) Milk	Chickpea and spinach curry with rice Lasagna salad	Banana and custard	Crispbread with humus Milk	Beans on toast Fruit
<b>Tuesday</b>	Weetabix with milk	Chicken pasta and salad  Veg. option: Creamy mushroom and sweetcorn pasta	Fruit salad	Fruit Milk	Pitta bread with assorted fillings Fruit
<b>Wednesday</b>	Fruits and yoghurt	Breaded fish with potatoes and mixed vegetable  Veg. option: Vegetable fritters	Watermelon	Rice cake with cream cheese, milk	Pasta shells with green pesto and olives
<b>Thursday</b>	Toast Milk	Bean casserole with rice	Apple cake and cream	Fruit Milk	Vegetable pizza Fruit
<b>Friday</b>	Cereals Milk	Lentil lasagne and salad	Mango mousse	Bread sticks	Selection of sandwiches with cucumber sticks Fruit

# Menu - Week 4

## April - August 2025

	Breakfast	Lunch	Dessert	Snack	Tea
<b>Monday</b>	Cereals (low sugar) Milk	Jacket potato, beans and cheese Salad	Watermelon	Breadsticks Milk	Vegetable rice Fruit
<b>Tuesday</b>	Toast Milk	Creamy mushroom and spinach pasta	Fruit salad	Rice cake, humus Milk	Mexican beans with pitta bread Fruit
<b>Wednesday</b>	Weetabix with milk	Chicken in gravy with rice and vegetables Veg. option: Lentil and vegetable bake	Vanilla cake and custard	Fruit Milk	Selection of sandwiches Fruit
<b>Thursday</b>	Fruits and yoghurt	Poached fish in a mushroom sauce with potatoes and vegetables Veg. option: Vegetable fritters	Melon	Crackers with cream cheese Milk	Vegetable pasta Fruit
<b>Friday</b>	Cereals Milk	Chana dahl with vegetables and rice	Fruit jelly and ice cream	Fruit Milk	Selection of wraps Fruit