

CHILDRENS' MENU

Week 12th September 2016

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Each day the children have a choice of cereals followed by toast and fruit and a drink of milk				
MORNING SNACK	Toasted crumpets	Toasted muffins	Toasted brioche	Fruit toast	Toasted bagels
LUNCH MAIN COURSE	Garlic chicken kebabs with pitta, dip and vegetable cous cous or fish pie	Quiche or vegetable lasagna both with potato wedges and salad	Hungarian goulash and rice or creamy leek and ham pie with vegetables	Chicken and broccoli tagliatelle or thai fish cakes and sweet potato wedges	Lamb and spinach curry with naan bread or turkey cannelloni and garlic bread
LUNCH DESSERT CHOICE	Semolina and raisins	Apple and pear tart and cream	Coconut rice pudding	Bananas and custard	Sugar free jelly and ice cream
AFTER-NOON SNACK	Crackers and soft cheese and veg sticks	Tomato flat bread veg sticks and dip	Crackers and soft cheese and veg sticks	Pitta and humous and veg sticks	Cheese twists veg sticks and dip
TEA	Naan bread pizza and fresh fruit	Jacket potatoes with cheese or tuna and fresh fruit	Butternut squash soup and focaccia and fresh fruit	Pasta salad and prawns and fresh fruit	Potato waffles and beans and fresh fruit