Children’s Menu

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| 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 a 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 fie 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  |  |