

Children's Menu

Monday	Week 1	Week 2	Week 3	Tea	Snack
Main meal	Coconut milk & butternut Squash curry and Cauliflower rice 1, 2, 7, 9	Tuna in a tomato sauce with peppers and sweetcorn couscous 2, 5, 14	Ham, peas and roast potatoes	Crusty bread with honey and apple 2, 6	Fruit
Dietary option	Same as above	Quorn pieces in a tomato sauce with peppers and sweetcorn couscous 2, 14	Quorn slices, peas and roast potatoes	Same as above	
Dessert	Natural Yogurt 7	Fresh pineapple slices	Fresh melon slices	Fruit	
Tuesday					
Main meal	Tuna & sweetcorn pasta with Salad 2, 5, 6	Quiche and Salad 1, 2, 4, 6, 7	Chicken, cous cous, cucumber, sweetcorn and Peppers 2,	Cheese and cucumber sandwiches with celery 1, 2, 6, 7	Fruit
Dietary option	Vegetable pasta with salad 2, 6	Same as above	Cous Cous. cucumber, sweetcorn and peppers. 2	Cucumber sandwichs with celery 1, 2, 6	
Dessert	Jelly	Peach Slices in natural juice 14	Strawberries and bananas	Fruit	
Wednesday					
Main meal	Jacket Potatoes with tuna and sweetcorn 5	Spaghetti vegetarian mince bolognese 2, 14	Fresh tomatoes and basil pasta with Salad 1, 2, 6	Pitta with Hummus and carrots 2, 6, 12	Fruit
Dietary option	Jacket potatoes with cheese and sweetcorn 7	Same as above	Same as above	Same as above	
Dessert	Pear slices in natural juice 14	Natural Yogurt 7	Homemade plain cookie 2, 6, 7	Fruit	
Thursday					
Main meal	Mixed bean bolognese and spaghetti 2, 6, 14	Lentil and Quinoa salad	Chickpea and vegetable curry with nann bread 2, 6, 7	Crackerbread with Tzatziki , and peppers 2, 7, 12	Fruit
Dietary option	Same as above	Same as above	Vegetable curry and nann bread 6	Same as above	
Dessert	Homemade sponge cakes 2, 4, 6, 7	Home made banana buns 2, 6, 7	Natural yogurt 7	Fruit	
Friday					
Main meal	Vegetable fingers with new potatoes and broccoli 2, 6	Jacket Potatoes with grated cheese and beans 7, 14	Mackerel. Couscous & peas 2, 5	Rice cakes with butter and cucumber slices	Fruit
Dietary option	Same as above	Jacket potatoes with beans 14	Quorn, couscous & peas 2	Same as above	
Dessert	Banana and custard 7	Rice Pudding 7	Jelly	Fruit	

Coconut milk & butternut squash curry

Ingredients -

Curry sauce jar Korma healthy eating

Butternut squash or sweet potato if not available

Carrot

Dried coriander

Method -

Dice the butternut squash and carrots into small chunks and blanch in boiling water until softened.

Add the curry sauce butternut squash and carrots and continue to cook until cooked through, and sauce has thickened. Add Coriander.

Serve with Cauliflower rice

Ensure there is enough time for this to be cooled down before serving.

Tuna and Sweetcorn Pasta with Salad

This meal is served cold and needs prepping in the morning.

Ingredients -

Tin Tuna

Tin Sweetcorn

Pasta

Lettuce

cucumber

Tomato's

Method -

Cook pasta, drain and run under cold tap until cool.

Add tuna and sweetcorn and mix

Cut up lettuce, cucumber and tomato's and mix separately.

Place in fridge till lunch.

Jacket potatoes with Tuna and Sweetcorn

Ingredients -

Enough potatoes to ensure each child has one large half each, plus a few spare in case of seconds. Around 14 large potatoes

Tuna in spring water

Tins of sweetcorn

Method -

Place potatoes onto a tray and pierce with a knife on both sides of each potato.

Cook in oven for around 60 minutes to 80 minutes for larger potatoes.

Open and drain tuna tins and place into pots. Open and drain sweetcorn and mix in with tuna.

Once cooked cut potatoes in half and serve with tuna and sweetcorn mix.

Ensure there is enough time to cool down before serving.

Mixed bean Chilli and Spaghetti

Ingredients -

Tin mixed beans

Tin tomatoes

Carton of passata

Onion

Spaghetti

Mild chilli powder

Method -

lightly fry the onions in fry light or oil, add all ingredients and mix.

cook spaghetti separately.

Ensure food has opportunity to stand and cool down before being served

Vegetable fingers, new potatoes and broccoli

Ingredients -

Enough vegetable fingers for each child to have two each plus some spare.

800g new potatoes

1 bag frozen broccoli florets

Method -

Cook vegetable fingers in oven according to package guidance. Boil new potatoes and broccoli separately until just soft.

Ensure food has opportunity to stand and cool down before being served

Tuna in a tomato sauce with peppers and sweetcorn COUSCOUS

Ingredients -

Garlic paste

Onion

Tinned tomatoes

Tinned tuna

Peppers

Sweetcorn

Method -

Peel and very finely chop the onion add garlic. Add to a lightly oiled pan and cook until softened. Add tinned tomatoes and cook down until thickened. Finally add diced peppers and sweetcorn cooking until soft. then add flaked tuna. Cook cous cous separate.

Ensure food has opportunity to stand and cool down before being served

Quiche and Salad

This lunch is served cold and time is required for preparation in the morning.

Ingredients -

Ready cooked quiche

Cucumber

Carrots

Lettuce

Celery

Method -

Cut quiche into slices before serving.

Cut cucumber, carrots, lettuce and celery into small pieces and mix.

Place all in the fridge for Lunch

Spaghetti Vegetarian Mince bolognaise

Ingredients -

Onion

Garlic Paste

Quorn mince

Tin tomatoes

Passata

Mixed herbs

Put the onion in with some fry light or oil and soften, add garlic paste and add Quorn mince. add tomatoes and passata and herbs
Meanwhile, bring a large pot of water to the boil. Add the spaghetti and cook. until soft.

Ensure that there is enough time for food to be cooled down before serving.

Lentil and Quinoa Salad

This meal is served cold and needs preparation time in the morning.

Ingredients -

Tin green lentils

Quinoa

Spinach leaves

Red pepper

Stock cubes

Garlic paste

Method -

Cook the green lentils, cook the quinoa both in stock.

Roast the peppers in the oven till soft and when cooked chop into small pieces.

Cool lentils and quinoa.

Chop spinach into small slices.

Add all ingredients into a bowl and mix with the garlic paste.

Jacket potatoes with cheese and beans

Ingredients -

Potatoes

Bag of grated cheese

Baked beans

Method -

Place potatoes onto a tray and pierce with a knife on both sides of each potato. Cook in oven for around 60 minutes to 80 minutes for larger potatoes.

Open and baked beans and cook on hob on a low simmer stirring regularly. 5 minutes before potatoes are ready increase heat and stir continuously then remove from heat.

Place grated cheese into container.

Once cooked cut potatoes in half and serve with cheese and beans. No cheese if vegan.

Ensure there is enough time to cool down before serving.

Ham, peas and roast potatoes

Ingredients -

Pre-cooked ham (remember vegetarian alternative of Quorn slices if required)

Frozen peas

Frozen roast potatoes

Method -

Pre heat oven to between 180/ 200 degrees for 6 minutes. Place potatoes on a tray and put in when oven is heated. Cook for 30 to 35 minutes. When potatoes have 10 minutes left, boil a pan of water, add peas when water is boiling and cook for around 5 minutes. Put ham or alternative into a container (do not reheat)

Ensure there is enough time for the food to cool down before serving.

Chicken couscous, cucumber, sweetcorn and peppers

This meal is served cold, it will need to be prepared in the morning.

Ingredients -

Cooked chicken

Peppers

Fresh tomatoes

Cucumber

Tin Sweetcorn

Couscous

Method -

Pour couscous into an oven proof tin, cover with boiling water from the kettle and put on a lid to steam. Once water has soaked in, fluff with a fork. and chill in a sink of cold water. Cut peppers, tomatoes and cucumber into small pieces and add sweetcorn. Mix through and place in the fridge for dinner.

Tomato and basil pasta

This meal is served cold and needs to be prepared in the morning.

Ingredients -

Jar of tomato and basil pasta sauce

Dried pasta

Small fresh tomatoes

Method -

Boil a pan of water for pasta. Add pasta once water is boiling and cook until soft. Drain and run under tap till cold.

Chop fresh tomatoes into $\frac{1}{4}$ and add them to the pasta, stir in basil and tomato sauce. Place in fridge.

Chickpea and vegetable curry with nann bread

Ingredients -

Onion

Garlic paste

Chickpeas

Mixed vegetables

Curry sauce jar

Nann Bread

Method -

Peel and chop the onion and garlic and cook in a lightly oiled pan until softened, add chickpeas and vegetables and cook until browned then add curry sauce and simmer for 5 minutes.

Serve with nann bread.

Ensure food has opportunity to stand and cool down before being served

Mackerel, couscous and peas

This dish is served cold and needs preparation in the morning.

Ingredients -

Tins for mackerel in tomato sauce (Quorn pieces if vegetarian)

Couscous

Peas

Method -

Pour couscous into an oven proof tin, cover with boiling water from the kettle and put on a lid to steam. Once water has soaked in, fluff with a fork. and chill in a sink of cold water. Open mackerel tins and add to the couscous with cooked and chilled peas. Mix through and place in the fridge for lunch.