Children’s Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 |  |