

Spring Menu

	SNACK 10am	Lunch	SNACK 2pm	Hi-Tea
Day 1	Milk or water Rice cakes	Spaghetti Bolognese with Wholemeal Pasta and Garlic Bread V Quorn Bolognese with Pasta Pudding: Fromage Frais Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Cheese, ham & lettuce Pitta Pockets served with cucumber sticks Pudding: chocolate and orange sponge Drink: Water <i>2 of your 5 a day</i>
Day 2	Milk or water Banana <i>1 of your 5 a day</i>	Shepherds pie Pudding: Ice-Cream Drink: Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	100% Pork Hot Dogs Pudding: Selection of Fresh Fruit Drink: Fresh Fruit Juice or Water <i>2 of your 5 a day</i>
Day 3	Milk or water Biscuit	Tuna Pasta Bake V Vegetable Pasta Bake Pudding: Banana Drink: Water <i>1 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Cheese & Tomato Pizzas served with Carrot Sticks and cucumber Pudding: Fromage Frais Drink: Water <i>3 of your 5 a day</i>
Day 4	Milk or water Fruit loaf <i>1 of your 5 a day</i>	Sausage and Mixed Bean Casserole served with Rice and broccoli V Quorn Sausage Pudding: Fromage Frais Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Wholemeal sandwiches filled with jam or ham served with cheese chunks and cucumber Pudding: Chocolate Flapjack Drink: Fresh Fruit Juice or Water <i>2 of your 5 a day</i>
Day 5	Milk or water Hummus and breadstick	Spanish Vegetable Paella Pudding: Fairy Cake Drink: Fresh Fruit Juice or Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Tomato and cheese pasta Pudding: Selection of Fresh Fruit Drink: Water <i>1 of your 5 a day</i>
Day 6	Milk or water Crackers and cheese <i>1 of your 5 a day</i>	Baked Potato filled with Tuna Mayonnaise V Quorn Sausage Pudding: Orange Segments Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Mini Macaroni Cheese Pudding: Gingerbread Man Drink: Fresh Fruit Juice or Water <i>2 of your 5 a day</i>
Day 7	Milk or water Apple	Chicken Curry served with Rice and Naan Bread V Tofu Curry Pudding: Fromage Frais Drink: Fresh Fruit Juice or Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Cheese & Salad Wraps Pudding: Banana Drink: Water <i>1 of your 5 a day</i>
Day 8	Milk or water Rice cakes <i>1 of your 5 a day</i>	Italian Vegetable Soup served with Crusty Bread Pudding: Flapjack Drink: Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Small Jacket Potato filled with Cheese and Salad Pudding: Fromage Frais Drink: Fresh Fruit Juice or Water
Day 9	Milk or water Oranges	Spicy Salmon Pasta V Spicy Quorn Pasta Pudding: Fromage Frais Drink: Fresh Fruit Juice or Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Beans on Wholemeal Toast Pudding: Ice Lolly Drink: Water <i>1 of your 5 a day</i>
Day 10	Milk or water Raisins <i>1 of your 5 a day</i>	Moroccan Lamb with Cous Cous V Moroccan Tofu Pudding: Lemon Shortbread Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Tuna or Ham Wholemeal Rolls served with Salad Pudding: Fromage Frais Drink: Fresh Fruit Juice or Water <i>2 of your 5 a day</i>
Day 11	Breadsticks	Vegetable Pasta Bake and garlic bread Pudding: Fromage Frais Drink: Fresh Fruit Juice or Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Ham & Cheese Toasty Sandwich Pudding: Lemon drizzle cake Drink: Water <i>1 of your 5 a day</i>