

Menu

Week One – starting 16th September



MON

TUE

WED

THU

FRI

Lunch

**Veggie Meatballs &
Tomato Sauce with
Spaghetti**

**Aubergine & Lentil
Curry with Rice**

**Veggie Sausages &
Gravy with Mashed
Potatoes**

**Ratatouille &
Chickpeas with Cous
Cous or Quinoa**

**Fish Fingers or
Veggie Fingers with
Potato Wedges**

Served with Seasonal Vegetables & Mixed Salad Bar

Peaches

**Apple Crumble &
Custard**

Fruit Salad

**Greek Yogurt &
Fresh Berries**

Cheesecake

Tea

**Cheese Crumpets &
Salad**

**Humous with Pitta
Bread & Crudites**

**Sweet Potato & Lentil
Soup with Garlic
Bread**

Pasta Salad

Pizza

Greek Yogurt with Seasonal Fresh Fruit



Menu

Week Two - starting 23rd September



MON

TUE

WED

THU

FRI

Lunch

**Macaroni Cheese or
Tomato & Basil Pasta**

**Carrot, Beet &
Mixed Beans Stew
with Rice**

**Baked Potatoes with
Tuna, Beans &
Cheese**

**Pasta Spirals with
Hidden Vegetable &
Tomato**

**Baked Cod with
White Sauce &
Mashed Potato**

Served with Seasonal Vegetables & Mixed Salad Bar

Pineapple Fingers

**Greek Yogurt &
Mango**

Rice Pudding

Marble Sponge Cake

Jelly

Tea

**Baked Beans
on Toast**

**Egg Salad with
English Muffins**

**Corn Chowder with
Garlic Bread**

**Roasted Vegetable
Cous Cous Salad**

Veggie Burgers

Greek Yogurt with Seasonal Fresh Fruit

