



## January - March Menu 2018

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> (7.30-8.30)	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast
<b>Am Snack</b> (10.00-10.30)	Cheese twist & fruit with a cup of milk	Biscuit & apricots with a cup of milk	Breadsticks & raisins with a cup of milk	Rice cake & fruit with a cup of milk	Crackers with cheese spread & cucumber with a cup of milk
<b>Lunch</b> (12.00-12.30)	Homemade Chicken goujons with cous cous and sweetcorn  Homemade Sponge or Fairy cake/s and custard	Hot dogs with herby diced potatoes with salad  Freshly Baked Flapjack	Herby Meat balls with pasta & peas  Yoghurt	Tuna pasta bake with peas  Jelly	Chicken & Mediterranean vegetables rice  Fruit
<b>Pm Snack</b> (2.00-2.30)	Biscuit & raisins with a cup of milk	Breadsticks & fruit with a cup of milk	Rice cake & pepper slice with a cup of milk	Crackers with butter & carrot sticks with a cup of milk	Cheese twist & fruit with a cup of milk
<b>Tea</b> (4.00-4.30)	Crackers with ham/cheese & vegetable sticks	Cheese and tuna toasties with vegetable sticks	Beans on toast	Ham/cheese wraps with vegetable sticks	Toasted tea cakes



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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> (7.30-8.30)	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast
<b>Am Snack</b> (10.00-10.30)	Breadsticks & raisins with a cup of milk	Rice cake & fruit with a cup of milk	Crackers with cheese spread & cucumber with a cup of milk	Cheese twist & fruit with a cup of milk	Biscuit & apricots with a cup of milk
<b>Lunch</b> (12.00-12.30)	Pork or Quorn sausage with mash potato and sweetcorn  Yoghurt	Jacket potato with cheese and baked beans  Rice Pudding	Macaroni cheese  Fruit	Vegetable pasta bake  Malt Loaf	Fish pie with peas  Fruit
<b>Pm Snack</b> (2.00-2.30)	Rice cake & pepper slice with a cup of milk	Crackers with butter & carrot sticks with a cup of milk	Cheese twist & fruit with a cup of milk	Biscuit & raisins with a cup of milk	Breadsticks & fruit with a cup of milk
<b>Tea</b> (4.00-4.30)	Spaghetti on toast	Crumpets and apple slices	Buffet tea	Scrambled egg with toast	Pizza muffins



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<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> (7.30-8.30)	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast
<b>Am Snack</b> (10.00-10.30)	Rice cake & fruit with a cup of milk	Crackers with cheese spread & cucumber with a cup of milk	Cheese twist & fruit with a cup of milk	Biscuit & apricots with a cup of milk	Breadsticks & raisins with a cup of milk
<b>Lunch</b> (12.00-12.30)	Jacket potato with tuna and salad  Yoghurt	Salmon and broccoli risotto  Rice pudding	Sweet and sour chicken with rice and peppers  Yoghurt	Tuna pasta bake  Cookie	Fish fingers with mash potato and sweetcorn  Fruit
<b>Pm Snack</b> (2.00-2.30)	Crackers with butter & carrot sticks with a cup of milk	Cheese twist & fruit with a cup of milk	Biscuit & raisins with a cup of milk	Breadsticks & fruit with a cup of milk	Rice cake & pepper slice with a cup of milk
<b>Tea</b> (4.00-4.30)	Sandwiches and pear slices	Spaghetti hoops on toast	Cheese or chicken wraps with salad	Toasted crumpets	Cheese on toast



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<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> (7.30-8.30)	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast	A selection of cereal & toast
<b>Am Snack</b> (10.00-10.30)	Crackers with cheese spread & cucumber with a cup of milk	Cheese twist & fruit with a cup of milk	Biscuit & apricots with a cup of milk	Breadsticks & raisins with a cup of milk	Rice cake & fruit with a cup of milk
<b>Lunch</b> (12.00-12.30)	Fish cakes with salad and pasta shells  Freshly Baked Flapjack	Cooks BBQ chicken with vegetables and rice  Fruit	Spaghetti carbonara, with garlic bread  Baked Cookies	Quorn chilli jacket potato  Yoghurt	Sausages with roasted vegetables and new potatoes  Jelly
<b>Pm Snack</b> (2.00-2.30)	Cheese twist & fruit with a cup of milk	Biscuit & raisins with a cup of milk	Breadsticks & fruit with a cup of milk	Rice cake & pepper slice with a cup of milk	Crackers with butter & carrot sticks with a cup of milk
<b>Tea</b> (4.00-4.30)	Pitta Pockets with Veg sticks	Sandwiches with Carrot Sticks	Beans on Toast	Buffet Tea	Toasted Tea Cake