

Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves
AM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Main Meal	Fresh tomato and courgette pasta	Cod and cauliflower mornay served with mashed potato	Jacket potato with cheddar cheese and baked beans	Roast Dinner: Roasted lamb, potatoes, a selection of vegetables, Yorkshire puddings.	Homemade lasagne with hidden vegetables served with fresh bread
Vegetarian		Creamy cauliflower cheese served with mashed potato		Roast Dinner: Potatoes, mixture of vegetables, Yorkshire puddings.	Mediterranean vegetable lasagne served with fresh bread
Dessert	Bananas and custard	Discoverer's and Explorer's; Apple & raspberry crumble	Flavoured yoghurt and fruit	Flavoured sorbet	Discoverer's & Explorer's; Warm stewed apples
		Adventurer's; Apple & raspberry crumble with ice cream			Adventurer's; Chefs special
PM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Tea	Fruit scones served with vegetable sticks	Scrambled egg on wholemeal toast	Warm buttered english muffins	Sandwiches/Wraps with a variety of fillings, served with vegetable sticks	Ravioli in tomato sauce with wholemeal toast