

Menu Week 4



Breakfast	Snack	Lunch	Tea	Dessert
Monday Fresh fruit or cereal	Milk and Fruit	Pasta with tomato and mascarpone sauce Melon slices	Mackerel sandwiches (cheese & cucumber)	Banana cake
Tuesday Cereal or fresh fruit	Milk and Fruit	Lamb meatballs in a tomato sauce with spaghetti (Quorn meatballs) Frozen Yogurt	Macaroni and broccoli cheese	Fresh fruit - mango and pineapple
Wednesday cereal or fresh fruit	Milk and Fruit	Corgette and spinach gratin with sweetcorn Lemon drizzle cake	Chicken noodle soup (noodle soup)	Fruit and Jelly
Thursday Muesli	Milk and Fruit	Chicken hotpot with carrots (Vegetarian hotpot) Ginger biscuits	Crackers with cheese, marmite & crudites	fromage frais
Friday Fruit or cereal	Milk and Fruit	Cod in parsley sauce with mashed potato and green beans Satsuma slices	Tuna & sweetcorn tortilla wraps (egg mayonaise wraps)	Rice crispie & cornflake cakes (made by the children)

