

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Beef Burgers *Farm Assured Minced Beef Burger served in a Soft Burger Bap*

Vegetarian Burger *served in a soft Burger Bap* V

Diced Potatoes, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Vegetable Pie *Seasonal Vegetables and Mixed Beans in a Rich and Tasty Gravy topped with a Short Crust Lid* V

Roast Potatoes, Creamed Potato, Batton Carrots, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate and Cherry Sponge

Early Years options: Chocolate and Pear Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Chicken Curry *Farm Assured Diced Chicken in a Chef's Curry Sauce*

Vegetarian Curry *Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce* V

Boiled Rice, Broccoli, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Jelly

Early Years options: Banana Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Homemade Meatballs *Farm Assured Minced Beef served with a Chef's Tomato Sauce or a Rich and Tasty Gravy*

Tomato Pasta Bake *Seasonal Vegetables, Lentils and Pasta Twists in a Chef's Tomato Sauce topped with Cheese* V

Pasta Twists, Sliced Carrots, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Lemon Shortbread

Early Years options: Lemon and Mandarin Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Battered Fish *White fillet of Fish coated in a Light Batter or Salmon Star Fish MSC Salmon and Creamed Potato seasoned with a Crispy Crumb*

Roasted Vegetables and Mixed Bean Parcels *Seasonal oven Roasted Vegetables and Mixed Beans in a Puff Pastry Parcel* V

Chips, Couscous, Garden Peas, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate or Strawberry Mousse

Early Years options: Peach Yoghurt Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Monday

Beef Bolognese *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*

Vegetarian Bolognese *Seasonal Vegetables and Mixed Beans in a Chef's Tomato Sauce* V

Pasta Twists, Garden Peas, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Big Breakfast *Farm Assured Sausage, Bacon, Free Range Scrambled Egg, Baked Beans*

Vegetarian Sausages V

Hash Browns, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Flapjack

Early Years options: Peach and Yoghurt Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Filled Yorkshire Pudding *Roasted Seasonal Vegetables and Mixed Beans in a Yorkshire Pudding* V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cabbage, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fresh Fruit Salad

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Pizza Bar – Cheese and Tomato Pizza V *with a selection of toppings including Ham, Sliced Peppers V, Pineapple V, Mushrooms V, Sliced Onions V, Sweetcorn V, Gerkins V*

Diced Potatoes, BIG Salad Selection, Wholemeal Bread and White Bread

Shortbread

Early Years options: Red Velvet Muffins or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit



eatwell

The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Friday

Battered Fish *White fillet of Fish coated in a Light Batter or Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs*

Fishless Fingers V

Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate or Strawberry Mousse

Early Years options: Scones – Fruit or Cheese, or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Fresh Fruit available daily. All items subject to availability.

Monday

Beef Chili *Farm Assured Minced Beef in a Mild Chilli Sauce*

Vegetarian Chilli *Seasonal Vegetable and Mixed Beans in a Mild Chilli Sauce* V

Boiled Rice, Carrots, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Jacket Potato Bar V *Jacket Potato served with a choice of Beef Bolognese, Baked Beans V, Grated Cheese V, Vegetable Curry V, Tuna and Sweetcorn V*

BIG Salad Selection inc Coleslaw, Potato Salad, Pasta Salad, Wholemeal Bread and White Bread

Carrot Cake

Early Years options: Carrot Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Pork Sausage *Farm Assured Pork Sausage served with Rich and Tasty Gravy*

Filled Yorkshire Pudding *Roasted Seasonal Vegetables and Mixed Beans in a Yorkshire Pudding* V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cabbage, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fresh Fruit Salad

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Handmade Chicken Goujons *Farm Assured Chicken in Natural Breadcrumbs*

Quorn Nuggets V

Diced Potatoes, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Banana Muffin

Early Years options: Banana Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Battered Fish *White fillet of Fish coated in a Light Batter or Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs*

Cheese and Potato Bake *Sliced Potatoes and Grated Cheese in a Creamy Bechamel Sauce* V

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate or Strawberry Mousse

Early Years options: Fruit Cake and Custard or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

FUN FOOD FACT

Ripe cranberries bounce like rubber balls

FUN FOOD FACT

Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!