

Lunch Menu Week 1

Each day, children may choose items from the salad bar to accompany their meal



Monday Tuesday Wednesday Thursday Friday

Breakfast

Banana/avocado on toast	Bircher and tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Pastries
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Lunch

Penne Salmone Pomodoro Carbonara	Classic Ratatouille	Katsu curry Teriyaki	Basil pesto Kale & rocket pesto Red pesto	Smoked haddock kedgeree
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with

Smoked Salmon	Baby potatoes and/or rice	Sweet potato and basmati rice	Garlic bread	Boiled eggs
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Vegetables/sides

Steamed asparagus Grated parmesan	Green beans	Broccoli	Mediterranean roasted vegetables Grated parmesan	Garden peas
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dessert

Greek yoghurt & honey	Melon	Natural yoghurt & summer berries	Apples	Summer/winter fruit crumble
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Alternative/bread

Tea

	Vegetable pilaf	Jacket potato		Jollof rice Mixed bread basket
Vegetable couscous with feta cheese salad	Tomato feta pasta salad	Beans and/or avocado on toast	Wholemeal pittas with hummus and cucumber & carrots to dip	Sandwich selection
Fresh fruit	Banana loaf	Fresh fruit	Natural yoghurt and berries	Fresh fruit

Lunch Menu Week 2

Each day, children may choose items from the salad bar to accompany their meal



Monday Tuesday Wednesday Thursday Friday

Breakfast

Banana/avocado on toast	Bircher and tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Pastries
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Lunch

Jacket potatoes	Moroccan vegetable tagine	Macaroni cheese and deli selection	Sausage & mash	Coconut fish curry
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with

Tuna, cheese and beans	Rice and/or couscous	Tuna, cheese, pickles, gherkins and more	Fasulye and vegetable hotpot	Jasmine rice
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vegetables

Crunchy slaw	Green beans	Mediterranean salad	Garden peas	Tender stem broccoli and sugar snap peas
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dessert

Greek yogurt with honey	Carrot cake	Oranges	Natural yogurt and berries	Pears
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Alternative/bread

Tea

	'Spicy' tomato sauce	Bread roll selection		Roti
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Vegetable pasta bake	Wholemeal wraps with cheese, hummus and salad	Beans and/or avocado on toast	Vegetable couscous with feta cheese salad	Sandwich selection
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Fresh fruit	Natural yoghurt and berries	Fresh fruit	Banana loaf	Fresh fruit
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Lunch Menu Week 3

Each day, children may choose items from the salad bar to accompany their meal



Monday Tuesday Wednesday Thursday Friday

Breakfast

Banana/avocado on toast	Bircher and tea cakes	Bite size shredded wheat	Breakfast muffins with eggs	Pastries
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Lunch

Roasted tomato and feta fusilli	Chickpea korma and vegetable dansak	<u>Mexican Day</u> Fajita / taco / burrito / chilli	Courgette and butterbean lasagne	Fish goujons
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with

Feta cheese	Basmati rice	Mexican black beans, wild rice and grated cheddar		Chef's potatoes
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Vegetables/sides

Green beans Grated parmesan	Broccoli and cauliflower	Red onions, mixed peppers and mushrooms Sour cream guacamole	Carrots	Petit pois Chef's tartar sauce
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dessert

Greek yoghurt with honey	Melon	Natural yogurt with summer berries	Apples	Natural yogurt with berries
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Alternative/bread

	Naan bread Jacket potato			Bread basket Tomato and basil pasta
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Tea

Vegetable pasta bake	Wholemeal wraps with cheese, hummus and salad	Beans and/or avocado on toast	Vegetable couscous with feta cheese salad	Sandwich selection
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Fresh fruit	Natural yoghurt and berries	Fresh fruit	Banana loaf	Fresh fruit
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