

Sample Week Menu



	Breakfast	Lunch	Evening Meal
Sunday			Pasta Bake Bread Roll Salad Fruit Salad
Monday	Sausage Hash Browns Hoops Cereal / Toast Orange Squash	Sausage Roll / Fish Finger Spring Roll Chips / Peas / Salad Apple / Jelly Blackcurrant Squash	BBQ Chicken Vegetable Grill Sauté Potatoes Carrots & Sweetcorn / Gravy Tray Bake / Fruit Sald
Tuesday	Beans on Toast Cereal Toast Orange Squash	Jacket Potato Cheese / Tuna Beans /Coleslaw Orange / Yoghurt Blackcurrant Squash	Spaghetti Bolognese Vegetable Bolognese Chicken Goujons Chips / Peas / Salad Chocolate Sponge
Wednesday	Sausage Hash Browns Hoops Cereal / Toast Orange Squash	Sandwiches Soup Salad Apple / Jelly Blackcurrant Squash	Chicken Curry with Rice Vegetable Curry with Rice Sausage & Mashed Potatoes Mixed Veg / Gravy Apple Crumble
Thursday	Bacon Hash Browns Beans Cereal / Toast Orange Squash	Chicken Burger Spicy Bean Burger Salad / Coleslaw Orange / Yoghurt Blackcurrant Squash	Ham & Pineapple Pizza Spicy Chicken Pizza Cheese & Tomato Pizza Jacket wedges / Salad Chocolate Flapjack
Friday	Sausage Hash Browns Beans Cereal / Toast Orange Squash	Packed Lunch Various filled rolls Crisps / Apple Muffin Fruit Drink	