



# Our Healthy Menu





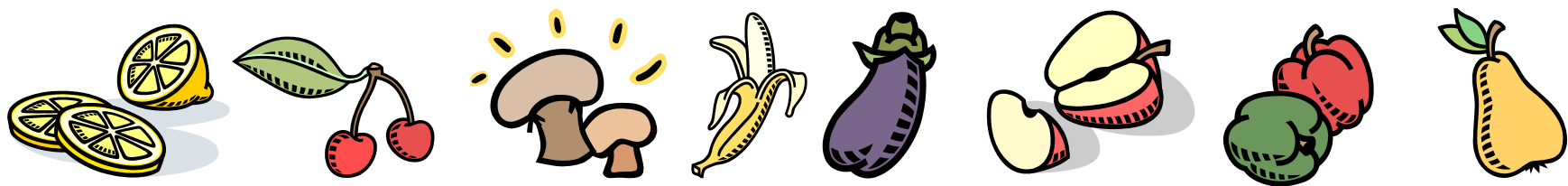
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast
<b>Mid-morning Snack</b>	Fruit kebab & milk	Popcorn & fruit slices & milk	Crackers with spread cheese & orange slices & milk	Scones with margarine & milk	Fruit kebab & milk
<b>Lunch &amp; dessert</b>	Chinese sweet and sour chicken and veg with rice Banana with custard	Lancashire hotpot  Fromage fraise	Cabbage, pea, quorn & potato Curry with Pita  Fruity Flapjack	Chick pea and veg pilau  Strawberry smoothies	Tuna pasta bake with cucumber on side  Fruit jelly
<b>Afternoon Snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Tea</b>	Spiced potato wedges with beans	Pumpkin or squash soup	Egg, cucumber & tomato pitta pockets	Jacket potato with cheese and beans	Veg Pizza



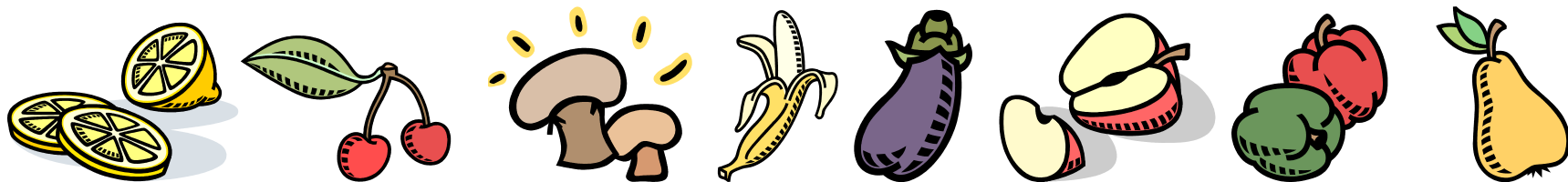
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast
<b>Mid-morning Snack</b>	French bread with butter & cucumber slice & milk	Croissants & carrot slices & milk	Fruit kebab and milk	Crackers with cottage cheese & milk	Fruit kebab & milk
<b>Lunch &amp; dessert</b>	Carribbean casserole with French bread  Fromage fraise	Chicken & veg curry with boiled rice  Smoothies (fruit of childrens choice)	Chilli corn carne With Sweetcorn & Couscous  Custard with fruit cocktail	Fish cakes, mash potatoes and carrots on side  Dried fruit sponge cake	Creamy vegetable tagliatelle with kidney beans  Rice pudding with cinnamon & sultanas
<b>Afternoon Snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit & boiled eggs quarters
<b>Tea</b>	Fish fingers, veg fingers and beans	Salmon and sweetcorn pasta salad	Hummus and cottage cheese with pita	Potato & sweetcorn soup with french bread	Scrambled eggs with peppers, tomatoes and toast



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast
<b>Mid-morning Snack</b>	Croissants & milk	Crackers with spread cheese & pear slices & milk	Scones with margarine Cucumber slices and milk	Fruit kebab & milk	Popcorn, carrot sticks & milk
<b>Lunch &amp; dessert</b>	Rice with chicken & veg korma  Arctic roll	Singapore noodles  Fruit jelly	Dhal & potato curry with pita  Fromage fraise	Chunky fish casserole with rice  Pineapple upside down cake	Sheppard's pie with beans on the side  Custard with fruit cocktail
<b>Afternoon Snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Tea</b>	Chickpeas & fresh veg soup with baguette	Jacket potato with cheese and beans	Hummus & cottage cheese with carrots and pita	Scrambled eggs with peppers and tomato with toast	Tuna and mayo pasta with cucumber



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast
<b>Mid-morning Snack</b>	French bread with margarine & tomatoes & milk	Breadsticks & sour cream and chive dips with cucumber	Fruit kebab & milk	Crackers with cottage cheese, apple slices & milk	Popcorn, carrot sticks & milk
<b>Lunch &amp; dessert</b>	Mince lasagne with fresh salad on side  Fruit smoothies	Roast chicken with roast potatoes and boiled veg  Fromage fraise	Kidney beans & potato curry with pita & cucumber on side  Fruit (children choice) and spice cake	Spaghetti & meatballs in tomato sauce  Fruit Jelly	Chicken and veg egg fried rice  Semolina with raisins
<b>Afternoon Snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Tea</b>	Garlic bread With Spaghetti in sauce	Fish and veg fingers with beans	Tuna and sweetcorn pasta salad	Carrots and lentil soup with french bread	Veg pizza



Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast	Cereal & toast
<b>Mid-morning Snack</b>	Crackers with spread cheese & apple slices & milk	Croissants & cucumber slices & milk	Fruit kebab & milk	Popcorn, carrot sticks & milk	Fruit kebab & milk
<b>Lunch &amp; dessert</b>	Neapolitan macaroni with courgette  Arctic roll	Mexican rice with salad  Fromage fraise	Chili corn carne with Sweetcorn & couscous  Rice pudding with sultanas	Fish cakes, mash potatoes and carrots on side  Milkshake (fruit of childrens choice)	Chickpeas and veg Curry with bread  Custard with fruit
<b>Afternoon Snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Tea</b>	Beans and cheese on toast with cucumber on side	Carrots and lentil soup with baguette	Hummus & cottage cheese with pita	Spaghetti with tomato sauce with garlic bread	Tuna & pasta sweetcorn salad