

**Menu - Spring Term (Mar - May)**



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### Week 1 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Toast with spread and banana	Mediterranean rice	Mediterranean rice	Greek yoghurt with a raspberry puree swirl	Corn thins with carrot sticks and a yoghurt and mint dip	Chicken salad pitta pockets with cheese sticks, a homemade coleslaw and a fresh fruit platter
Tuesday	Malted wheats and orange slices	Turkey stew	Vegetable and pearly barley stew	Fruit cocktail and cream	Oatcakes with mild cheese spread and celery sticks	Baked beans and grilled tomatoes on toast with fromage frais and a fresh fruit platter
Wednesday	Weetabix with dried chopped apricots	Beef, bean and tomato Ragu	Mixed bean and tomato Ragu	Banana and blueberry loaf	Rice crackers with a tzatziki dip and tomato slices	Tuna crunch finger rolls with celery sticks, a tomato salsa and a fresh fruit platter
Thursday	Cornflakes or Rice Krispies and melon	Traditional chicken dinner	Quorn dinner	Fruity jelly and custard	Wholemeal pitta fingers with cucumber sticks and hummus	Potato cakes, rolled tomatoes in ham, homemade fruity flap jack and a fresh fruit platter
Friday	Porridge and apple fingers	Indian spiced pork in tomato sauce	Indian spiced lentils and potatoes in tomato sauce	Lemon cake and berries	Breadsticks and soft cheese with pepper sticks	Cheese and cress sandwiches with a mixed bean side salad and a fresh fruit platter

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### Week 2 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Porridge and apple fingers	Lamb casserole with mixed herbs and fresh vegetables	Quorn casserole with mixed herbs and fresh vegetables	Semolina with a mixed fruit compote	Breadsticks and soft cheese with pepper sticks	Savoury cheese baguettes and cucumbers rolled in chicken with a fresh fruit platter
Tuesday	Toast with spread and pear fingers	Mixed bean and vegetable curry with rice	Mixed bean and vegetable curry with rice	Bananas and custard	Corn thins with carrot sticks and a yoghurt and mint dip	Fajitas with cheese and celery sticks and a fresh fruit platter
Wednesday	Malted wheats and orange slices	Turkey & mixed vegetables in a tangy tomato sauce with diced potatoes	Chickpea and mixed vegetables in a tangy tomato sauce with diced potatoes	Ice cream with blueberries and melon slices	Oatcakes with mild cheese spread and celery sticks	Tea cakes with a wild fruity rice and a fresh fruit platter
Thursday	Weetabix with dried chopped apricots	Fish, broccoli, peas and new potatoes in a cheesy sauce	Cauliflower and butter bean cheese with broccoli and peas	Apple crumble and cream with apple fingers	Rice crackers with a tzatziki dip and tomato slices	Crumpets with a side turkey salad, fromage frais and a fresh fruit platter
Friday	Cornflakes or Rice Krispies and melon	Beef and spinach pasta bake	Bean, spinach and leek pasta bake	Peach fool ripple	Wholemeal pitta fingers with cucumber sticks and hummus	Crackers with a variety of toppings, dried fruit iced sponge fingers and a fresh fruit platter

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### Week 3 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Cornflakes or Rice Krispies and melon	Minced beef and tatties with mixed vegetables	Quorn mince and tatties with mixed vegetables	Seasonal fruit salad	Wholemeal pitta fingers with cucumber sticks and hummus	Ham, tomato & cheese sprinkled muffins with cold cinnamon & banana rice pudding & a fresh fruit platter
Tuesday	Porridge and apple fingers	Chicken carbonara, sweetcorn and petit pois	Vegetable carbonara with sweetcorn and petit pois	Spring fruit fingers with a butterscotch pudding dip	Breadsticks and soft cheese with pepper sticks	Bagels with a Mexican bean topping and malt loaf with a fresh fruit platter
Wednesday	Toast with spread and berries	White bean, cheese and broccoli bake with seasonal vegetables	White bean, cheese and broccoli bake with seasonal vegetables	Pineapple and mango chunks with cream	Corn thins with carrot sticks and a yoghurt and mint dip	Homemade chicken and chargrilled vegetable pizza, oatmeal and fruit cookies and a fresh fruit platter
Thursday	Malted wheats and orange slices	Pork and vegetable lasagne	Vegetable lasagne	Banana split	Oatcakes with mild cheese spread and celery sticks	Tuna pittas with vegetable sticks a homemade coleslaw and a fresh fruit platter
Friday	Weetabix with bananas	Turkey supreme with rice and peas	Vegetable supreme with rice and peas	Creamy apricot dessert	Rice crackers with a tzatziki dip and tomato slices	Grated cheese, carrot and sweetcorn rolls, fromage frais and a fresh fruit platter

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### Week 4 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Weetabix with dried chopped apricots	Chicken and bean vegetable bake	Bean and vegetable bake	Rhubarb fool	Rice crackers with a tzatziki dip and tomato slices	Pancakes with rolled cucumber in turkey, fromage frais and a fresh fruit platter
Tuesday	Cornflakes or Rice Krispies and melon	Herby pork meatballs in a tangy tomato sauce with spinach and spaghetti	Herby quorn meatballs in a tangy tomato sauce with spinach and spaghetti	Stewed pears with sultanas and chocolate shavings	Wholemeal pitta fingers with cucumber sticks and hummus	Ham and tomato sandwiches with rice pudding and raspberries and a fresh fruit platter
Wednesday	Porridge and blueberries	Lamb, mushroom, and hidden vegetable potato pie	Chickpea, mushroom and courgette hidden vegetable potato bake	Apple strudel	Breadsticks and soft cheese with pepper sticks	Turkey salad wraps with mini carrot cakes and a fresh fruit platter
Thursday	Toast with spread and banana	Spring vegetable and pearl barley hot pot	Spring vegetable and pearl barley hot pot	Homemade date and glacier cherry oat cookies	Corn thins with carrot sticks and a yoghurt and mint dip	Savoury rolls, crudités with a homemade beanie dip and fresh fruit slices
Friday	Malted wheats and orange slices	Fish and mixed vegetables in a creamy watercress sauce with sweet potatoes	Haricot beans with mixed vegetables, in a creamy watercress sauce with sweet potatoes	Ice cream cones with a pureed and grated fruit sauce	Oatcakes with mild cheese spread and celery sticks	Sweet and spicy date and chickpea cous cous with strawberries in jelly and a fresh fruit platter