

## MENU A

*2nd Jan, 23rd Jan, 13th Feb, 5th March, 26th March, 16th April, 7th May*

### Morning Snack

### Lunch

### Tea

#### Monday

fruit yoghurt

goulash meatballs & rice

spiced carrot cake

baked potatoes with tuna mayo or cheesy beans

fresh fruit

#### Tuesday

banana & coconut muffins

potato-topped salmon pie

blackcurrant jellies & ice-cream

quesadillas

fresh fruit

#### Wednesday

bread sticks with cream cheese & raisins

spinach & ricotta cannelloni

banana loaf with greek yoghurt frosting

roast turkey & cranberry sandwiches

fresh fruit

#### Thursday

rice cakes & organic houmous

chicken basque with brown basmati, chorizo & sundried tomatoes

bread & butter pudding

bangers and mash with mushy peas

fresh fruit

#### Friday

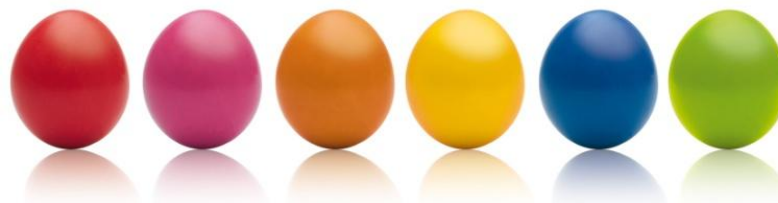
fromage frais

beef & butternut squash lasagne

apple & blackberry crumble

spaghetti on toast

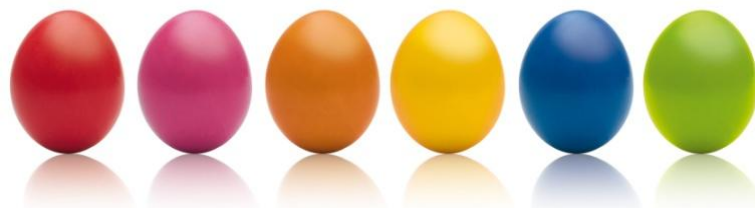
fresh fruit



## MENU B

*9th Jan, 30th Jan, 20th Feb, 12th March, 2nd April, 23rd April*

	<b>Morning Snack</b>	<b>Lunch</b>	<b>Tea</b>
<b>Monday</b>	bread sticks with cream cheese & raisins	mexican chicken tortilla stack strawberry jellies & ice-cream	riccioli pasta bake with tuna & mediterranean vegetables fresh fruit
<b>Tuesday</b>	fromage frais	chickpea & veg coconut curry eve's pudding	muffin pizzas with sardines fresh fruit
<b>Wednesday</b>	freshly-baked blueberry muffins	pasta bake with tuna, peas, corn & morney sauce banans with custard	farmhouse cheddar & cream cheese sandwiches fresh fruit
<b>Thursday</b>	fruit yoghurt	roast turkey breast, potatoes & veg freshly baked chocolate cake	pommes dauphenoise with tuna fresh fruit
<b>Friday</b>	rice cakes with organic houmous	pork stroganoff & steamed rice greek yoghurt with raspberries	macaroni cheese fresh fruit



## MENU C

*16th Jan, 6th Feb, 27th Feb, 19th March, 9th April, 30th April*

### Morning Snack

### Lunch

### Tea

#### Monday

fruit yoghurt

chilli con carne & rice

freedom food ham & philly Sandwiches

strawberry genoise sponge

fresh fruit

#### Tuesday

rice cakes & organic houmous

baked gnocci with napoli & fresh basil

muffin pizzas margherita

bananas with chocolate sauce

fresh fruit

#### Wednesday

fromage frais

chicken & veg casserole with mash

cauliflower & butternut squash bake

apple & blueberry crumble with custard

fresh fruit

#### Thursday

spiced carrot wholemeal  
muffins

cassoulet

enchiladas

raspberry swirl cheesecake

fresh fruit

#### Friday

bread sticks with cream cheese  
& raisins

thai chicken curry & rice

baked beans on toast

hummingbird cake

fresh fruit