



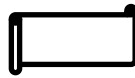
Breakfast

Monday



Cereal and toast

Tuesday



Cereal and toast

Wednesday



Cereal and toast

Thursday



Cereal and toast

Friday



Cereal and toast

Morning Snack

Fresh Fruit

Carrot sticks and dips

Fresh Fruit

Melba Toast

Fresh Fruit

Lunch Starter



Melon



Corn on the cob



Lunch Main

Home made Chicken
goujons
wedges and veg sticks

Pork and apple casserole
with roasted seasonal
veg

Fish pie with a vegetable
medley

Chicken curry with bul-
gar wheat

Vegetable pasta base

Lunch Pudding

Ice cream and cones



Scones with butter and
jam



Chocolate Brownie

Afternoon Snack

Apple and cheese sticks

Fresh fruit

Pepper and cucumber

Fresh fruit

Rice cakes

High Tea

Veggie Chilli

Pasta with a hidden
vegetable sauce

Pork and apple casserole
with soft garlic bread

French bread pizza
with spaghetti hoops
& soft veggie sticks

Picnic Tea

Crawlers

EG. Sausage rolls

Explorers

Sandwich with choice
of fillings

discoverers

Veg sticks

After school

Half Jackets with choice
of fillings Chilli / Cheese

Pasta with a hidden veg-
etable sauce

Pork and apple stir fry
with rice noodles

French bread pizzas
choice of toppings.

Picnic Tea

Toast or fruit is offered if a
child refuses afterschool teas