

Lunch Menu

Example of a weekly menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti Bolognese	Chicken casserole	Sausages and mash potatoes & gravy	Egg fried Rice with mixed beans	Crispy Battered Cod or Fish Fingers & peas
Vegetarian Choice	Spaghetti with tomato sauce and cheese	Vegetable casserole	Vegetable Sausages & gravy	Egg fried rice with mixed beans	Vegetable Fish Fingers and peas
Baby unit	Spaghetti Bolognese	Chicken and Vegetable Puree	Sliced sausages with mash potatoes & gravy	Egg fried Rice with mixed beans	Small pasta with tuna and sweet corn
Baby vegetarian choice	Spaghetti with tomato sauce and cheese	Mixed Vegetable puree	Mixed vegetables in tomato sauce with mash potatoes	Egg fried rice with mixed beans	Small pasta with tomato sauce with grated cheese
Dessert	Fruit Yogurt	Angel's delight	Fruit jelly	Rice pudding	sponge cake with custard
Daily fruit	● A variety of seasonal and tropical fruits is available daily				
Breakfast	● Choice of different cereals, toast with various toppings				
Snack	● Snack, a range of sandwiches hot/cold with various topping				

Milk/water and orange/ blackcurrant squash is available daily throughout the day

The **Traffic Light System** can help you to make healthy choices:

● **Be Aware**

● **Eat with Balance**

● **Go & Enjoy**

