

# SPRING MENU

## WEEK 1

W/C: 2<sup>ND</sup> MARCH; 30<sup>TH</sup> MARCH; 27<sup>TH</sup> APRIL; 25<sup>TH</sup> MAY

### Monday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

GREEK CHICKEN WITH VEGETABLE RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHEESE, COURGETTE & LEEK SCONES

### Tuesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

MIXED FISH LASAGNA  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CURRIED CHICKEN SANDWICH

### Wednesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

ORANGE & TARRAGON CHICKEN, PEAS,  
LETTUCE & NEW POTATOES  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

FISH FINGER BUTTY



### Thursday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

TURKISH SHREDDED CHICKEN, GREEN  
BEANS & POTATO WEDGES  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BEEF & ONION ROLLS

### Friday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

ROAST SALMON, MINTY SPRING  
VEGETABLES AND BABY POTATOES  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SPICED BEAN & CHEESE LOADED  
POTATO SKINS



# SPRING MENU

## WEEK 2

W/C: 9<sup>TH</sup> MARCH; 6<sup>TH</sup> APRIL; 4<sup>TH</sup> MAY



### Monday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

STICKY SOY & GINGER PORK WITH  
CARROTS, SPRING ONIONS & RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHICKEN BURGER

### Tuesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

LEMON & GARLIC CHICKEN STRIPS  
WITH POTATO WEDGES & BROAD BEANS  
IN TOMATO SAUCE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

PIZZA FRITTATA

### Wednesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

LENTIL & VEGETABLE BOLOGNAISE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SAUSAGE & CHEESE LOADED POTATO  
SKINS



### Thursday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

CURRIED SMOKED HADDOCK, SPRING  
VEGETABLES & MASHED POTATO  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BBQ BEEF & CHEESE SANDWICH

### Friday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

BEEF, COCONUT & LEMONGRASS STEW  
WITH SHREDDED SPRING GREENS &  
RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHICKEN, TOMATO & MOZZARELLA  
PASTY



# SPRING MENU

## WEEK 3

W/C: 16<sup>TH</sup> MARCH; 13<sup>TH</sup> APRIL; 11<sup>TH</sup> MAY



### Monday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

FILIPINO CHICKEN CURRY WITH STICKY  
RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SAUSAGE & VEGETABLE MUFFIN

### Tuesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

VEGETABLE PASTA BAKE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CURRIED MACKEREL PINWHEELS

### Wednesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SPRING CHICKEN, SPRING GREENS,  
SPRING ONION, BABY POTATOES &  
HERBY CREAM SAUCE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SAUSAGE BUTTY



### Thursday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

TUNA, LEEK & PEA PASTA BAKE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

HAM & CHEESE LOADED POTATO  
SKINS

### Friday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, &  
TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

HOMEMADE SWEDISH MEATBALLS IN  
CREAMY GRAVY, BROCCOLI & MASHED  
POTATO  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

TUNA, AVOCADO & CHEESE SANDWICH



# SPRING MENU

## WEEK 4

W/C: 23<sup>RD</sup> MARCH; 20<sup>TH</sup> APRIL; 18<sup>TH</sup> MAY

### Monday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

MAC N CHEESE, WITH A SQUASH & CAULIFLOWER CHEESE SAUCE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BBQ CHICKEN, CHEESE & SPRING  
ONION LOADED POTATO SKINS

### Tuesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

INDIAN ADRAKI CHICKEN WITH POTATOES & CAULIFLOWER IN A TOMATO & YOGHURT SAUCE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BACON & CHEESE BUTTY

### Wednesday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

MEDITERRANEAN VEGETABLE PASTA BAKE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

MACKEREL, GINGER & LIME SANDWICH



### Thursday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

BBQ MINCED PORK, PEAS & SWEETCORN, CHEESE & NACHO TOPPING, & POTATO WEDGES  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHICKEN, LEEK & CHEESE TART

### Friday

#### BREAKFAST

A VARIETY OF LOW SUGAR CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SPANISH CHICKEN PIE WITH PEPPERS, OLIVES, COURGETTE, TOMATO & MASHED POTATO TOPPING  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHEESE & BACON TRAY BAKE SLICE

