

Week Three

Monday

Lunch Chicken korma, White Rice and Mixed Vegetables

Natural/Greek Yogurt with fruit

Tea Nuggets, waffles and vegetables

Strawberries and Banana

Tuesday

Lunch Chicken and Vegetable Casserole, Baby Potatoes and Green Beans

Fruit Jelly

Tea Mixed Sandwiches with Celery Sticks and Cherry Tomatoes

Orange and Pear

Wednesday

Lunch Fishcakes, Oven Chips and Mushy Peas

Banana and Orange

Tea Homemade Cheese Pizza with Carrot Sticks and Hummus

Pineapple Slices

Thursday

Lunch Cottage Pie, Mashed Root Vegetables

Homemade Biscuit

Tea Creamy or Tomato pasta with peas and broccoli

Melon Slices

Friday

Lunch Minted Lamb burgers, with potato wedges and broccoli

Pear and Banana

Tea Tortilla Wholemeal Wrap with Cucumber Sticks and Cherry Tomatoes

Apple and Kiwi

Make flapjack for Monday