



Vegetarian Spring Menu 2022

Lunch week 1:

Main: Cheesy jacket potatoes with cucumber sticks

 Pudding: Banana and Custard

Main: Macaroni cheese with cherry tomatoes and baby corn, cucumber and crusty bread (V)

 Pudding: Vanilla Yoghurt

Main: Vegetable beancakes with homemade potato wedges with fine beans and broccoli

 Pudding: Peaches and single cream

Main: Chilli con quorn-ie, basmati rice topped with sour cream

 Pudding: Greek yoghurt and raspberries

Main: Veggie Sausages, roasted new potatoes, Yorkshire puddings, cauliflower cheese with broccoli and carrots

 Pudding: Watermelon Slices

Lunch week 2:

Main: Jacket potato with Mixed beans with cheese, cucumber and lettuce (V)

 Pudding: Fruit yoghurt

Main: Aubergine moussaka with couscous and broccoli

 Pudding: Pears and Custard

Main: Mild chickpea curry with naan bread

 Pudding: Apple crumble

Main: Vegetable lasagna with garlic bread (V)

 Pudding: Galia Melon smiles

Main: Cheesy potato and mushroom bake with peas and fine beans

 Pudding: Fruit yoghurt

Lunch week 3:

Main: Creamy tomato pasta with fine beans

 Pudding: Fromage frais

Main: Homemade Quorn goujons, new potatoes, peas and carrots

 Pudding: Brioche bread and butter pudding with cranberries

Main: Courghetti Spaghetti

 Pudding: Watermelon Slices

Main: Veggie Sausage, leek, potato hash with halloumi chunks

 Pudding: Greek yoghurt with Strawberries

Main: Egg & Cress mayonnaise on Jacket potatoes with sweetcorn (V)

 Pudding: Honeydew melon chunks

Served as a 'High Tea' style teatime as a traditional English experience for you little ones

Tea week 1:

Monday: Marmite or Cheddar Cheese sandwiches with crumpets

Tuesday: Houmous in a roll or cream cheese rolls with cheese straws

Wednesday: Jam or cheddar cheese sandwiches with plain scones

Thursday: Paddington's marmalade sandwiches or marmite rolls with English muffins

Friday: Houmous or Red Leicester cheese finger sandwiches with fruit loaf

Tea week 2:

Monday: Honey or jam sandwiches with fruit scones

Tuesday: Soft cheese or marmite sandwiches with crumpets

Wednesday: Cheese or bean wraps with malt loaf

Thursday: Houmous or marmalade sandwiches with cheese straws

Friday: Marmite or jam sandwiches with English muffins

Tea week 3:

Monday: Marmalade or Red Leicester cheese sandwiches with cheese straws

Tuesday: Jam or marmite sandwiches with crumpets

Wednesday: Cheese or marmalade pittas with English muffins

Thursday: Soft cheese or honey sandwiches with malt loaf

Friday: Houmous or jam sandwiches with plain scones

All teas are served with a second course of fruit or yoghurt

Sides of raisins, apricots, cucumber, olives, tomatoes, peppers, Organix crisps, banana slices, grated carrot, iceberg lettuce, cheese chunks, apple slices, boiled eggs

Breakfast

A selection of low/no sugar cereals, brioche, croissants and fruit bowl available every day

Snacks

Morning- Toast and Selection of fruit

Afternoon- Crackers and vegetable crudités with a dip of houmous or salsa

A 189ml serving of cow's milk is available for every child every day along with tap water accessible to the children throughout the day and offered every snack/mealtime and after activities

Oat milk can be offered as a dairy alternative if requested.