



FUEL FOR YOUNG MINDS

Week One Menu

Served weeks commencing:
4/3, 25/3, 29/5, 20/5, 3/6, 24/6, 15/7



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Week Two Menu

Served weeks commencing:
11/3, 01/4, 7/5, 10/6, 1/7, 16/9, 7/10

| MAIN MEAL | VEGETARIAN | JACKET POTATO | COLD DELI | DESSERTS |
|--|---|---------------|--|---|
| Ham and Cheese Pizza with Carrot and Cucumber Sticks | Veggie Supreme Pizza with Carrot and Cucumber Sticks | Jacket Potato | Egg Mayonnaise Sandwich served with the Self Help Salad Bar | Strawberry Mousse |
| BBQ Chicken with Rice | Mixed Bean Chili served with Homemade Nachos | Jacket Potato | Cheese Roll served with the Self Help Salad Bar | Warm Apple Flapjack served with Custard |
| Roast Pork with Roast Potatoes and Gravy | Veggie Shepherdess Pie served with Roast Potatoes and Gravy | Jacket Potato | Roast Turkey Sandwich served with the Self Help Salad Bar | Chocolate Sponge with Chocolate Custard |
| Beef Burger in a Bun served with Potato Wedges | Veggie Burger in a Bun served with Potato Wedges | Jacket Potato | Roast Ham Sandwich served with the Self Help Salad Bar | Orange Jelly with Mandarins |
| Battered Fish Fillet served with Chips and peas or beans | Veggie Quiche served with Chips and peas or beans | Jacket Potato | Tuna Mayonnaise Sandwich served with the Self Help Salad Bar | Ice cream with fruit |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| Meatballs in tomato sauce served with Spaghetti | Cottage Pie served with Seasonal Vegetables | Roast Turkey served with Roast Potatoes and Gravy | Hot Chicken Wrap served with Seasonal Vegetables | Fish Fingers served with Chips and peas or beans |
| Veggie Meatballs in tomato sauce with Spaghetti | Macaroni Cheese served with Seasonal Vegetables | Vegetable Hot Pot served with Seasonal Vegetables | Cheesy Pinwheel with potato wedges | Veggie Fingers served with Chips and peas or beans |
| Jacket Potato | Jacket Potato | Jacket Potato | Jacket Potato | Jacket Potato |
| Egg Mayonnaise Sandwich served with the Self Help Salad Bar | Cheese Roll served with the Self Help Salad Bar | Roast Turkey Sandwich served with the Self Help Salad Bar | Roast Ham Sandwich served with the Self Help Salad Bar | Tuna Mayonnaise Sandwich served with the Self Help Salad Bar |
| Lemon Mousse | Carrot Cake | Jam Sponge Pudding served with Custard | Jelly served with Fresh Fruit | Warm Chocolate and Banana Brownie |



AVAILABLE DAILY:

To accompany your child's meal: Seasonal vegetables, fresh bread, salad bar, drinking water, seasonal fresh fruit, fruit yoghurt.