

Healthy Food For Healthy Kids

Autumn / Winter 3 Week Cycle Menu 2021

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Savoury Meatball Casserole served with New Potatoes (V) Vegetarian / Vegan Meatball Casserole served with New Potatoes. (D) Chocolate Roll & Custard	Mild Chicken Curry served with Rice (V) Vegetarian / Vegan Meat Free Chicken Curry served with Rice (D) Fruit Yogurts	Sausage, Baked Beans & New Potatoes (V) Vegetarian / Vegan Meat Free sausage, Beans & New Potatoes (D) Iced Sprinkle Cake	Chicken Pasta Bake served with Pitta Bread (V) Vegetarian / Vegan Meat Free Chicken Pasta Bake (D) Fresh Fruit of the Day	Cottage Pie served with Garden Peas (V) Vegetarian / Vegan Meat Free Cottage Pie served with Garden Peas (D) Fruit Yogurts
Week 2	Tuna Pasta Bake served with Pitta Bread (V) Vegetable Pasta Bake served with Pitta Bread (D) Bananas & Custard	Sweet & Sour Chicken served with Rice (V) Vegetarian / Vegan Meat Free Sweet & Sour Chicken served with Rice (D) Fresh Fruit of the Day	Sausage & Mix Bean Casserole with New Potatoes (V) Vegetarian / Vegan Meat Free Sausage Casserole with New Potatoes (D) Fruit Yogurts	Chilli-Con-Carni served with Rice (V) Vegetarian / Vegan Meat Free Chilli-Con-Carni served with Rice (D) Orange Flapjacks	Roast Chicken served with Vegetables and New Potatoes (V) Vegetarian / Vegan Meat Free Roast Chicken served with Vegetables and New Potatoes (D) Fruit Yogurts
Week 3	Smokey BBQ Chicken Served with Rice (V) Vegetarian / Vegan Meat Free Smokey BBQ Chicken served with Rice (D) Fruit Yogurts	Sausage, Vegetables & Onion Gravy served with New Potatoes (V) Vegetarian / Vegan Meat Free Sausage, Veg & Onion Gravy (D) Sultana Flapjacks	Chicken & vegetable Pie served with Garden Peas (V) Vegetarian / Vegan Meat Free Chicken & Veg Pie served with Peas (D) Fruit Yogurts	Spaghetti Bolognese served with Pitta Bread (V) Vegetarian / Vegan Meat Free Bolognese served with Pitta Bread (D) Jam Sponge & Custard	Pork Casserole served with New Potatoes (V) Vegetarian / Vegan Meat Free Casserole served with New Potatoes (D) Fresh Fruit of the Day

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