



Children's Lunch Menu

Tasty, homemade, meat-free meals to keep your child going all day.



	Week 1 21/06, 12/07, 02/08, 06/09, 27/09, 18/10	Week 2 28/06, 19/07, 09/08, 13/09, 04/10, 25/10	Week 3 05/07, 26/07, 30/08, 20/09, 11/10
Monday	Caribbean rice & peas with veggie Jerk sauce Banana loaf	Cheesy, spinach quiche with roast potatoes & grated carrot salad Greek yogurt with fruit compote	Red lentil & roast vegetable Lasagne Melon slices
Tuesday	Red lentil & sweet potato Dhal with Basmati rice Homemade Angel Delight	Veggie Ramen noodles with boiled egg Fruit crumble	Lyonnais green lentil salad with baguette Golden rice pudding
Wednesday	Moroccan Tagine with couscous Greek yogurt with strawberries	Mediterranean vegetable pizza with potato wedges & salad sticks Bean Brownies	Green Thai curry with Basmati rice Custard cake
Thursday	Red pepper Frittata with potato salad Rock cakes & fruit slices	Veggie Tikka with Basmati rice Exotic fruit salad	Veggie spaghetti bolognese with grated cheese & salad sticks Greek yogurt with crunchy granola sprinkle
Friday	Creamy tomato pasta with garden peas Bananas in custard	Rainbow rice salad with crispy bread Lemon blancmange	2 bean Chilli with rice, grated cheese & nachos Fruit chunks