

Spring Menu
March, April and May

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Bread stick and cucumber circles	Oat cake and melon pieces	Rice cake and a banana slice	Buttered cracker and cheese spread with carrot batons	Bread and butter triangles with sliced apple
Main	Savoury mince, ratatouille and new potatoes	Fish curry with Bombay potatoes and red onion, corriander and tomato salad	Lemon and herb chicken, roast potatoes, carrots, peas, kale and gravy	Bacon and chilli pasta with mixed salad, French dressing and home made garlic bread	Veggie packed savoury rice
Dessert	Ground rice pudding	Stewed fruit with vanilla sauce	Homemade bran, apple and raisin muffin with ice cream	Mixed fruit oat crumble and custard	Peaches and natural yogurt
Afternoon Snack	Homemade cheese straws with apple slices	Pitta fingers with a selection of homemade dips and crudities	Marmite crackers with crudites and grapes	Mini vegetable quiches and pineapple chunks	Sundried tomato and butter bean pate on toast
High Tea	Beans on toast	Tomato and basil soup with crusty bread	Homemade tomato and vegetable pizza with homemade crunchy coleslaw	Various filled rolls homemade vegetable crisps	Cheesy courgette macaroni and grilled tomatoes

