

Munchkins

LET'S MAKE SOME HEALTHY CHOICES

WEEK 1

Monday

Cheese & Tomato Pizza
Oven Baked Wedges
Coleslaw & Salad

or

Quorn Curry (V)
Rice, Naan Bread
Homemade Cookie

Tuesday

Minced Beef & Onion Pie
Carrots, Mashed Potato
& Gravy

or

Pasta Pomodoro (V)
Garlic Bread Roll
Frozen Yoghurt Pot

Wednesday

Roast Chicken or Quorn Fillet (V)
& Veg Gravy
Cauli & Broccoli Roast Potatoes

or

Roast Vegetable Frittata (V)
Salad & Coleslaw
Fresh Fruit Medley

Thursday

All Day Breakfast

or

Tuna Pasta or
Mixed Veg Pasta (V)
(hot or cold)
Mixed salad
Iced sponge

Friday

Fishy Friday
Chipped Potatoes
Peas & Sweetcorn

or

Quorn Dippers (V)
Chipped Potatoes
Peas & Sweetcorn
Mandarin Jelly

WEEK 2

Monday

Veggie Sausage & Gravy (V)
Mixed Veg &
Mashed Potatoes

or

Chicken Nuggets Mixed Veg Rice with
Curry or BBQ Sauce
Apple Flapjack

Tuesday

Beef Burger & Bun Onions & Sauce
Seasoned Oven Baked Wedges

or

Veggie Dippers (V)
Seasoned Oven Baked Wedges
Baked Beans
Fruit & Yoghurt Pots

Wednesday

Roast Turkey & Gravy
Carrot & Sweetcorn
Roast Potatoes

or

Quorn & Veg Pie Gravy (V)
Carrots & Sweetcorn Roast Potatoes
Chocolate Cup Cake

Thursday

Chicken Korma Basmati Rice
Naan Bread

or

Veggie Meatballs in Sauce (V)
Pasta Twirls & Garlic Bread
Choice of Fresh Fruit
or Cheese & Crackers

Friday

Fishy Friday, Skinny Fries
Peas & Sweetcorn

or

Cheese & Mixed Bean Enchiladas (V)
Mixed Salad & Skinny Fries
Cherry Shortbread

WEEK 3

Monday

Bolognese Meatballs
Penne Pasta

or

Veggie Burger & Bun (V)
Onions & Sauce
Potato Crunchies
Carrot Cake

Tuesday

Chicken Pie & Gravy
Mashed Potatoes
Carrots & Broccoli

or

Oven Baked Quorn Sausage (V)
Veg Gravy & Mashed Potatoes
Carrots & Broccoli
Shortbread Finger

Wednesday

Roast Gammon
Cauliflower Cheese
Roast Potatoes

or

Veggie Pasta Bake (V)
Green Salad
Blueberry Muffin

Thursday

Minced Beef Lasagne
Garlic Bread
Mixed Salad

or

Homemade Cheese &
Potato Puff (V)
& Baked Beans
Fruit Pots

Friday

Fishy Friday
Peas & Chipped Potatoes

or

Smokey Quorn & Bean Chilli Rice (V)
Warm Crusty Bread
Ginger Cookies

Fresh
Sandwiches



Jacket
Potatoes



AVAILABLE DAILY...

DRINKS:
Fruit juice,
Semi skimmed milk
Fresh water

Salad &
Fresh Bread



Fat Free Yoghurt
& Fresh Fruit

