



Stage 2 Menu – Spring/summer 2010

Week 1 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Tuna lasagne with yellow and green vegetables	Shepherd pie with orange & white vegetables	Roast beef/lamb with red & green vegetables	Chicken, rice and vegetables with baby gravy	Vegetable pasta in cheese and tomato sauce
Yogurt	Apple & mango puree with cream	Fresh fruit	Banana	Pear
<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
Vegetable & bean mash	Fishcake with parsley sauce, and vegetable rice	Creamy tuna with cooked vegetable sticks	Cheese and potato pie with baked beans	Turkey fricassee and peas
Stewed Pear	Pureed peaches	Apple jacks	Yogurt	Banana

In extreme circumstances if a dish is required to be changed, due to the nutritional value, the whole day menu plan must be exchanged for an alternative day that week

Important: Firm/hard fruits should be peeled and cooked before serving to children aged under two years.

Stage 2 Menu – Spring/summer 2010

Week 2 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Cheesy bean and potato pie with green & yellow vegetables	Mince with new potatoes and red & green vegetables with baby gravy	Chicken casserole with potatoes and white & orange vegetables	Tuna and broccoli pie with yellow vegetables	Spaghetti bolognese with garlic bread
Fresh Fruit	Fromage frais or yoghurt	Peaches with pouring cream	Fruit and fromage frais	Pear and apples with custard
<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
Pasta bows with tuna in tomato and vegetable sauce	Turkey & Vegetable risotto	Vegetable and bean mash	Golden macaroni cheese with orange & green vegetables	Mashed potato with cheese & cooked vegetable sticks
Chopped banana	Stewed apple & pear	Stewed Prunes and apricots or fruit scone	Fresh fruit	Yogurt

In extreme circumstances if a dish is required to be changed, due to the nutritional value, the whole day menu plan must be exchanged for an alternative day that week

Important: Firm/hard fruits should be peeled and cooked before serving to children aged under two years.

Stage 2 Menu – Spring/summer 2010

Week 3 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Shepherds pie with green & white vegetables Yogurt	Creamy tuna and vegetable bake with sweetcorn and peas Stewed apricots & custard	Chicken bolognese with rice or pasta Chopped banana	Cauliflower & broccoli cheese pie topped with mash potato Stewed Prune & apple	Roast turkey /beef/lamb /pork with red & green vegetables Semolina
<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
Vegetable risotto Stewed apple and pear	Thick spring vegetable & lentil soup or picnic tea Yogurt	Mashed vegetables and baby gravy Fresh fruit	Chicken and vegetable cous cous melon	Pasta primavera Peaches and cream

In extreme circumstances if a dish is required to be changed, due to the nutritional value, the whole day menu plan must be exchanged for an alternative day that week

Important: Firm/hard fruits should be peeled and cooked before serving to children aged under two years.

Stage 2 Menu – Spring/summer 2010

Week 4 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Mashed potatoes & vegetables in cheese sauce	Roast lamb/chicken with green & red vegetables	White Fish & broccoli pie with yellow vegetables	Lamb casserole with rice and orange & white vegetables	Chicken & mushroom pie with vegetables
Stewed apricot	Yoghurt	Stewed apples and custard	Yoghurt	Stewed pear
<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
Meatballs with tomatoes sauce & mixed veg rice	Mediterranean pasta	Carrot, butternut squash & lentil mash	Minced chicken & vegetable hotpot	Courgette Cauliflower & chickpea curry
Melon	Peaches	Melon	Banana	yoghurt

In extreme circumstances if a dish is required to be changed, due to the nutritional value, the whole day menu plan must be exchanged for an alternative day that week

Important: Firm/hard fruits should be peeled and cooked before serving to children aged under two years.