

Spring/Summer Menus 2010

Stage 3 Menu

Week 1 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch	Lunch	Lunch	Lunch
Tuna lasagne with yellow & green vegetables	Shepherds pie with orange & white vegetables	Roast beef or lamb with red & green vegetables	Mild & fruity chicken and vegetable curry with rice	Vegetable pasta in cheese and tomato sauce
Yoghurt	Selection of fruit with ice cream	Fresh fruit	Bananas and custard	Lemon & yoghurt loaf
Tea	Tea	Tea	Tea	Tea
Bean slice	Fishcake with parsley sauce, vegetable rice.	Tuna melt with carrot and cucumber sticks Or Picnic with carrot and cucumber sticks Apple jacks	Cheese & potato pie and baked beans. Yoghurt	Turkey Fricassee Fruit salad
Fresh fruit	Pineapple and raisin muffin			

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.

Spring/Summer Menus 2010

Stage 3 Menu

Week 2 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch	Lunch	Lunch	Lunch
Cheesy bean and potato pie with green & yellow vegetables Fresh fruit	Homemade hamburgers and new potatoes with red & green vegetables and gravy. Yoghurt	Chicken casserole with potatoes and white & orange vegetables Peaches and cream	Tuna and broccoli pie with yellow vegetables Fruity flapjack	Spaghetti bolognaise with garlic bread Pear & apple crumble with custard
Tea	Tea	Tea	Tea	Tea
Picnic tea – variety of sandwiches, and vegetable sticks Fruit scones	Turkey & vegetable risotto Fruit Muffin	Pasta bows with tuna in tomato and vegetable sauce Banana bread and custard or cream	Golden macaroni cheese with orange & green vegetables Fresh fruit	Homemade vegetable pizza and vegetable sticks or coleslaw Yoghurt

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Week 3 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch	Lunch	Lunch	Lunch
Shepherds pie with green & white vegetables	Creamy tuna and vegetable bake with sweet corn and peas	Chicken bolognaise with rice	Cauliflower and broccoli cheese pie with mashed potato	Roast turkey / beef / lamb / pork/ chicken
Yoghurt	Raisin sponge with custard	Bananas and custard	Fruit jelly and ice cream	Semolina
Tea	Tea	Tea	Tea	Tea
Vegetable risotto	Picnic tea – variety of sandwiches, and vegetable sticks	Homemade vegetable pizza vegetable sticks	Summer tuna salad	Pasta Primavera
Apricot squares	Yoghurt	Peaches and cream	Yoghurt with fruit	Fruit

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Stage 3 Menu

Week 4 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch	Lunch	Lunch	Lunch
Bean chilli with jacket potato and cheese Fruit crumble and ice cream	Roast lamb / chicken with green & red vegetables Yoghurt	Fish pie and vegetables Stewed apples and custard	BBQ lamb with rice and orange & white vegetables Yoghurt	Chicken and mushroom pie, new potatoes and vegetables. Fresh fruit
Tea	Tea	Tea	Tea	Tea
Meat balls in tomato sauce and rice Fresh fruit	Stuffed tuna pita bread and salad. Lemon & yoghurt loaf.	Vegetable Frittata Oat & Sultana cookie.	Mediterranean Pasta Fresh fruit	Courgette, cauliflower and chickpea curry & rice. Fruit cocktail and jelly

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