

Springy Menus

WEEK FOUR

MONDAY

BREAKFAST-TOAST OR FRUIT
LUNCH- CHICKEN CASSEROLE WITH
SEASONAL VEG
PUDDING- YOGURT OR FRUIT
TEA-CHEESY PASTA

TUESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-QUORN CHILLI AND WHOLE
GRAIN RICE
PUDDING- YOGURT OR FRUIT
TEA-JACKET POTATOES WITH CHEESE
AND BEANS

WEDNESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-MACARONI CHEESE AND GARLIC
BREAD
PUDDING- YOGURT OR FRUIT
TEA-BRENDAN'S SAUSAGE HOTDOGS

THURSDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-FISH PIE
PUDDING- YOGURT OR FRUIT
TEA-VEGETABLE RICE

FRIDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-LAMB HOTPOT
PUEDDING- YOGURT OR FRUIT
TEA-CRUMPETS

