

Springy Menus

WEEK ONE

MONDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-VEGETABLE HOTPOT
PUDDING- YOGURT OR FRUIT
TEA-MEATBALLS AND PASTA

TUESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-CHICKEN SUPREME AND WHOLE
GRAIN RICE
PUDDING- YOGURT OR FRUIT
TEA-PLOUGHMAN'S

WEDNESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-HONEY BALSAMIC BEEF STEW
PUDDING- YOGURT OR FRUIT
TEA-SALMON STIR FRY

THURSDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-QUORN BOLOGNESE
PUDDING- YOGURT OR FRUIT
TEA-PEA AND HAM SOUP
WITH BREAD ROLLS

FRIDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-LENTIL CURRY WITH NAAN
BREAD
PUDDING- YOGURT OR FRUIT
TEA-FISH FINGER SANDWICHES

