



Yummy Spring 2019 Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|--|
| Morning snack | Offered at 10am A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children. | | | | |
| Lunch <i>1st Course</i> | Smoked cheese & bacon pasta bake, sliced tomato | Persian aubergine & lentil bake with carrot & coriander salad | Cottage pie, peas & carrots | Roast chicken, pesto vegetables & freekah salad | Baked fish, parsley sauce, new potatoes & green beans |
| <i>2nd Course</i> | Lemon & poppy seed scones | Rice pudding with sultanas & chia seed jam | Strawberry blamange | Peach melba cheesecake | Raspberry ripple ice-cream |
| Afternoon snack | Offered at 2pm A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children. | | | | |
| Tea <i>1st Course</i> | Beef goulash, brown rice, sour cream, braised red cabbage | Jerk chicken kebabs, pepper couscous, mango salsa | Tuna rissoles, Greek salad, wholesome harvest loaf | Baked chilli jacket potato coleslaw | Leek & potato Soup |
| <i>2nd Course</i> | Banoffee pancakes | Sliced melon & oranges | Apple flapjack | Cheese & pineapple | Sandwiches: <ul style="list-style-type: none"> • Roast Pork & Apple Sauce • Egg Mayonnaise |

Ladybirds and Dragonflies have access to a bowl of seasonal fruit throughout the day



Yummy Spring 2019 Menu Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| Morning snack | Offered at 10am A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children. | | | | |
| Lunch <i>1st Course</i> | Quorn, broccoli & noodle stir fry | Chicken, cabbage & mushroom pie, sweet potato mash | Fish gumbo curry, green beans, yoghurt flatbreads | Courgette, sweetcorn & polenta fritters with quinoa egg salad | Braised rabbit & leek tagliatelle, spring greens |
| <i>2nd Course</i> | Ginger & pear upside down pudding | Cheese & watercress Scone | Pineapple & coconut sorbet | Blueberry brownie | Cherry crumble Bar |
| Afternoon snack | Offered at 2pm A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children. | | | | |
| Tea <i>1st Course</i> | Lamb & split pea curry with cauliflower rice | Smoked mackerel & leek hash, braised chicory | Chinese style beef strips, bamboo shoots, pak choi & rice noodles | Spanish meatballs, roasted vegetables & pearl barley salad, crusty bread | Pea, mint & spring onion Soup |
| <i>2nd Course</i> | Fruit salad | Anzac cookie | Banana & oatmeal muffin | Apple slices & berry dip | Chicken, avocado & red pepper wrap |

Ladybirds and Dragonflies have access to a bowl of seasonal fruit throughout the day



Yummy Spring 2019 Menu Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|--|
| Morning snack | <p>Offered at 10am</p> <p>A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children.</p> | | | | |
| Lunch <i>1st Course</i> | Sweet potato & spinach tortilla, fennel & chicory salad | Broccoli, salmon & basil orzotto | Roast cauliflower, grilled halloumi & chickpea salad | Leek & pork sausages with lentils & purple sprouting broccoli | Irish stew served with savoy cabbage |
| <i>2nd Course</i> | Orange, date & bran muffin | Superberry yoghurt with crumble topping | Semolina pudding apricot compote | Easter bunny biscuits & grapes | Rhubarb trifle |
| Afternoon snack | <p>Offered at 2pm</p> <p>A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children.</p> | | | | |
| Tea <i>1st Course</i> | Venison dopiaza, pilaf rice, wilted greens & naan bread | Red pepper hummus & cucumber sticks | Spring chicken one pot | Mexican bean burger, tomato salsa, lime dressing | Felafel, pitta pockets, tzatziki, vegetable sticks |
| <i>2nd Course</i> | Mango & lime frozen yoghurt | Roasted spring vegetable pizza | Sticky toffee pudding | Baked cinnamon bananas | Rainbow fruit flan |

Ladybirds and Dragonflies have access to a bowl of seasonal fruit throughout the day