



Yummy Spring 2020 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	<p>Offered at 10am 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>	Vegetable & tofu stir fry with noodles	Sausage with braised lentils & purple sprouting broccoli	Courgette & sweetcorn fritters, quinoa & egg salad with tomato relish	Chicken & mushroom pie, celeriac mash and kale	Wholemeal spaghetti bolognese with roast cauliflower
<i>2nd Course</i>	Banana & vanilla smoothie	Courgette cake & cream cheese frosting	Baked apples	Coconut rice pudding	Blueberry brownie
Afternoon snack	<p>Offered at 2pm 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>	Lamb & lentil patties, Greek salad & tzatziki	Spring chicken & potato one pot with carrots	Rabbit tikka masala, brown rice, spinach	Spring vegetable pitta pizzas, super bean and watercress salad	Jacket potato, smoked trout, crème fraiche & cucumber
<i>2nd Course</i>	Mango frozen yoghurt	Hot cross scone	Sliced melon & oranges	Strawberry mousse	Fruit salad



Yummy Spring 2020 Menu Week 2

	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	Chicken & leek whole-wheat tagliatelle with spring greens	Stewed pork, bacon & mushroom, mashed potato & spring cabbage	Moroccan vegetable & chickpea tagine, bulgur wheat tabbouleh	Baked fish in parsley sauce, new potatoes & green beans
<i>2nd Course</i>	Easter Bunny shortbread & grapes	Semolina with dried fruits	Apricot crumble bar	Orange, date & bran muffin	Rainbow fruits
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 & potato dopiaza, cauliflower & naan bread	Super vegetable soup with crusty bread	Haddock & spring onion fish cakes with cheesy leeks	Cottage pie, peas & carrots	Chicken, pepper & sunflower seed wholemeal wraps
<i>2nd Course</i>	Pineapple & Coconut Sorbet	White bean hummus, asparagus & cucumber	Anzac cookie	Apple, kiwi & grapefruit, Greek yoghurt	Peach melba cheesecake



Yummy Spring 2020 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>	Tuna & sour cream pinwheel, vegetable sticks	Pork & carrot meatballs, tomato sauce, courgettes & pearl barley	Herb roasted chicken, pesto vegetables & steamed sweet potatoes	Quorn & vegetable tacos, sour cream and guacamole	Roast lamb, crushed potato, minted peas and gravy
<i>2nd Course</i>	Cheese & pineapple squares	Apple flapjack	Banana buckwheat pancakes	Blood orange Jelly	Fruit crumble & custard <small>*Wholemeal Flour</small>
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>	Beef stroganoff, brown rice & savoy cabbage	Mediterranean vegetable lasagne, pea shoot salad	Mexican bean burger, tomato salad, pitta bread	Salmon, broccoli & wild garlic orzotto	Pea & spring onion soup
<i>2nd Course</i>	Marmalade cake	Super-berry yoghurt & granola topping	Raspberry ripple ice-cream	Rhubarb & ginger scone	Pulled pork sandwiches, gooseberry chutney, apple slices

