



# YUMMY SPRING 2023 MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Offered at 10am A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children.				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Forest green pasta with sweetcorn wheels *wholemeal pasta	Steamed cod in tomato and pepper, couscous & green beans	Shepherd's pie & spring greens	Spring Chicken One Pot	Celeriac soup
<i>2<sup>nd</sup> Course</i>	Anzac biscuit	Courgette cake with lime frosting	Fresh fruit & yoghurt	Hot cross scones	Baked ham, hard boiled eggs & spinach salad with crusty bread
<b>Afternoon snack</b>	Café style snack at 2pm – fruit or vegetable based, milk or water to drink				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Vegetable dhansak, roast cauliflower & naan bread	Turkish style pizza and a spring salad	Broccoli fritters, bulgar wheat salad & herby yoghurt dip	Spicy bean burger in pitta pocket, tomato relish & slaw	Jacket potatoes with various seasonal fillings
<i>2<sup>nd</sup> Course</i>	Cardamon rice pudding	Apple slices & mixed berry dip	Rhubarb crumble bar	Melon slices	Children's choice prepared by them



# YUMMY SPRING 2023 MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	<p>Offered at 10am</p> <p>A café style snack is available inside &amp; outside for the Ladybird &amp; Dragonfly children, milk is offered to all children.</p>				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Quorn (lentil V) & vegetable taco with sour cream and guacamole	Tofu and vegetables with noodles and bean sprouts	Sweet potato and soup	Roast chicken, mashed potato, kale, & gravy	Vegetable and sunflower seed quiche and vegetable sticks
<i>2<sup>nd</sup> Course</i>	Banana pops	Sliced melon and oranges	Pinto bean spread on wholemeal toast with sautéed mushrooms	Fruit salad	Blueberry muffins
<b>Afternoon snack</b>	<p>Café style snack at 2pm – fruit or vegetable based, milk or water to drink</p>				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Fish cake, potato wedges and sweetcorn and peas	Glamorgan sausage, cous cous and homemade tomato relish	beef bolognese with spaghetti & carrots	Creamy broccoli gnocchi bake with bread and spread	Cauliflower and split pea korma, brown rice and spinach
<i>2<sup>nd</sup> Course</i>	Fruit Jelly	Cookie	Rhubarb ripple Ice-cream with Ginger sprinkles	Yogurt and Strawberries	Mango and mint sorbet



# YUMMY SPRING 2023 MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Offered at 10am A café style snack is available inside & outside for the Ladybird & Dragonfly children, milk is offered to all children.				
<b>Lunch</b> <i>1<sup>st</sup> Course</i>	Italian pork meatballs in a pepper sauce, wholemeal spaghetti & salad	Spring vegetable soup	Fish crumble (butterbean V) & minted peas with warm bread	Quorn sausages, potato wedges and sweetcorn	Lentil dahl, poppadums and mangetout
<i>2<sup>nd</sup> Course</i>	Pineapple fingers	cheese toastie with cherry tomato quarters	Lemon & thyme sponge with Greek yoghurt	Tropical Fruit kebabs	Apple flapjack
<b>Afternoon snack</b>	Café style snack at 2pm – fruit or vegetable based, milk or water to drink				
<b>Tea</b> <i>1<sup>st</sup> Course</i>	Ella's Kitchen risotto with broccoli pesto	Chicken and mushroom pie and cabbage  Butterbean and mushroom pie and cabbage (V)	Three bean chilli, jacket potato and green beans	Harissa chicken wrap with lettuce and cucumber	Tuna pasta bake with carrots
<i>2<sup>nd</sup> Course</i>	Granola bar	Grapes and kiwi slices	Fruit jelly	Banana and chia muffin	Lime cheesecake