



Munchkins

LET'S MAKE SOME HEALTHY CHOICES



WEEK 1

Monday

Cheese & Tomato Pizza 
Oven Baked Wedges
Coleslaw & Salad

Quorn Curry 
Rice
Naan Bread

Homemade Cookie

Tuesday

Minced Beef & Onion Pie
Carrots, Mashed Potato & Gravy

Pasta Pomodoro 
Garlic Bread Roll

Frozen Yoghurt Pot

Wednesday

Roast Chicken or Quorn Fillet 
& Veg Gravy
Cauli & Broccoli
Roast Potatoes

Roast Vegetable Frittata 
Salad & Coleslaw

Fresh Fruit Medley

Thursday

All Day Breakfast

Tuna Pasta or Mixed Veg Pasta 
(hot or cold)
Mixed salad

Iced sponge

Friday

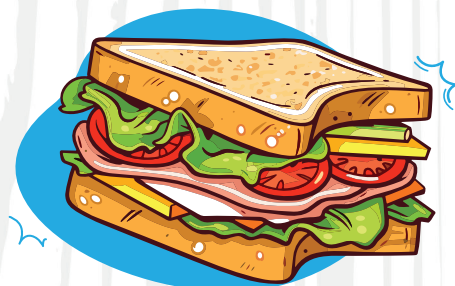
Fishy Friday
Chipped Potatoes
Peas & Sweetcorn

Quorn Dippers 
Chipped Potatoes
Peas & Sweetcorn

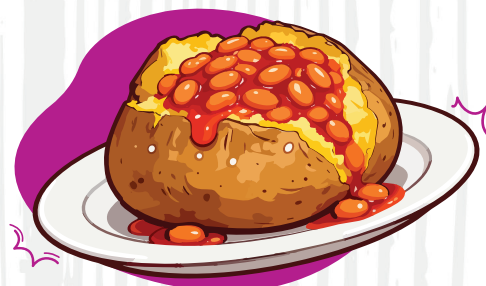
Mandarin Jelly

AVAILABLE DAILY...

Fresh Sandwiches

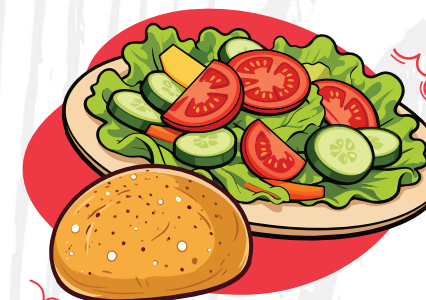


Jacket Potatoes



DRINKS:
Fruit juice,
Semi skimmed milk
Fresh water

Salad & Fresh Bread



Fat Free Yoghurt & Fresh Fruit

