

Springy Menus

MONDAY

WEEK TWO

BREAKFAST-TOAST OR FRUIT
LUNCH- TURKEY BOLOGNESE WITH
WHOLE GRAIN PASTA
PUDDING- YOGURT OR FRUIT
TEA-SANDWICHES

TUESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-VEG STEW AND CHEDDAR
DUMPLINGS.
PUDDING- YOGURT OR FRUIT
TEA-TUNA AND SWEETCORN PASTA

WEDNESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-MEAT AND POTATO PIE WITH
SEASONAL VEG
PUDDING- YOGURT OR FRUIT
TEA-HOMEMADE PIZZA

THURSDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-MUSHROOM, CHICKPEA AND
SPINACH CURRY
PUDDING- YOGURT OR FRUIT
TEA-PRAWN FRIED RICE

FRIDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-LAMB STEW WITH NEW
POTATOES
PUEDDING- YOGURT OR FRUIT
TEA-TOMATO, CHICKPEA AND PASTA
SOUP

