



## ABC food menu spring term 2017

### Week 1

Breakfast	Selection of cereals				
Snack bar	Selection of fruit				
Lunch	Tomato & vegetable pasta bake, with cheese	Chicken, potato & mix veg	Spaghetti Bolognese	Cheese pie & beans	Chicken & vegetable risotto
Vegetarian option	Tomato & vegetable pasta bake, with cheese	Quorn pieces, potato & mix veg	Quorn bolognaise	Cheese pie & beans	Vegetable risotto
Pudding	Yogurt	Fruit platter	Yogurt	Fruit platter	Yogurt
Snack bar	Selection of cucumber, cheese, peppers and bread soldiers				
Tea	Crumpets	Toast	Crumpets	Toast	Toast or crumpet

### Week 2

Breakfast	Selection of cereals				
Snack bar	Selection of Toast fingers, Carrot, pepper and seasonal veg sticks				
Lunch	Fish fingers, mash potato & sweetcorn	Vegetable risotto	Macaroni cheese	Chicken, mash potato & Peas	Vegetable noodles
Vegetarian option	Cheese mash, mix vegetables	Vegetable risotto	Macaroni cheese	Quorn pieces, mash potato & mix veg	Vegetable noodles
Pudding	Fruit platter	Yogurt	Fruit platter	Yogurt	Fruit platter
Snack bar	Selection of fruit				
Tea	Cheese on toast	Cheese on crumpets	Cheese on toast	Cheese on crumpets	Cheese on toast

### Week 3

Breakfast	Selection of cereals				
Snack bar	Selection of Breadsticks, Vegetable sticks				
Lunch	Chicken, noodles and veg	Spaghetti Bolognese	Chicken, potatoes & sweetcorn	Vegetable risotto	Macaroni cheese
Vegetarian option	Vegetable noodles	Quorn bolognaise	Quorn Chicken, potatoes & sweetcorn	Vegetable risotto	Macaroni cheese
Pudding	Fruit platter	Yogurt	Fruit platter	Yogurt	Fruit platter
Snack bar	Selection of fruit				
Tea	Cheese wrap	Crumpets	Cheese wrap	Crumpets	Cheese wrap or crumpet