

Winter Menu: Term 3

	Week 1	Monday (Meat-Free)	Tuesday	Wednesday	Thursday (Bake-Day)	Friday
SNACK	Carbohydrate	Grilled corn on the cob chunks	Pita nachos	Whole wheat bread	Banana bread	Assorted crackers
	Protein/Dairy	Vegetable Frittata	LF cream cheese, grated cheese	Chicken and	Yoghurt	30 g cheese wedge (not processed)
	Vegetables	Spinach or Butternut	Salsa and Avocado dip	Mushroom soup		
	Fruit	Fresh fruit platter	Fresh fruit	Fruit wedges (watermelon/oranges)	Fresh fruit platter	Small bunch grapes
LUNCH		Vegetable Pasta Bake	Chicken Drum Sticks	Spaghetti Bolognese	Grilled Fish	Mini Beef Burgers
	Protein	Cheese and Vegetable	Chicken drum stick	Mince Bolognese OR meatballs + sauce	Fish/Chicken strips (non-fish eaters)	Mini burgers
	Carbohydrate	Pasta bake	Baked potato	Spaghetti	Savoury rice	Oven chips
	Vegetables	Sliced salad	Green beans Carrots	Salad OR Vegetables (Green beans & butternut)	Baby carrots Spinach	Lettuce, tomato, gherkin etc.

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	Week 2	Monday (Meat-Free)	Tuesday	Wednesday (Bake-Day)	Thursday	Friday
SNACK	Carbohydrate Protein/Dairy Vegetables Fruit	Assorted crackers Boiled egg, cheese slices, hummus Carrot/cucumber sticks, cherry tomatoes etc. Fresh fruit platter	Whole-grain bread Cream of Tomato soup Fruit wedges/slices	Banana loaf Yoghurt Fruit skewers	Mediterranean platter Mini pita bread Meatballs/Falafel Tzaziki Diced tomato and cucumber Fresh fruit	Grilled corn on the cob chunks Tuna quiche OR Frittata Fresh fruit/fruit slush/fruit lolly
LUNCH	Protein Carbohydrate Vegetables	Vegetable lasagne (cheese) Lasagne sheets Vegetables	Cottage pie Mince Potato mash Gem squash OR Roasted butternut Green beans	Chicken á la king Chicken Rice Carrots OR Roasted butternut Spinach	Grilled Fish Grilled fish/Steak (non-fish eaters) Baby potatoes Broccoli and cauliflower (with low fat cheese sauce)	Chicken Burger Chicken breast OR Crumbed chicken Roll Sliced salad

Winter Menu: Term 3

	Week 3	Monday (Meat-Free)	Tuesday (Bake-Day)	Wednesday	Thursday	Friday
SNACK	Carbohydrate Protein/Dairy Vegetables Fruit	Crackers Boiled egg, Mozzarella cheese Tomato slices Fresh fruit platter	Oat slice Yoghurt Fresh fruit	Whole-grain bread Vegetable soup Fresh fruit wedges (water melon/ oranges)	Toasted pita bread OR pumpkin/sweetcorn fritters Mini chicken & vegetable skewers Fresh fruit platter/ sliced fruit (pineapple)	Savoury cheese muffin (Cheese) cherry tomatoes Fresh fruit
LUNCH	Protein Carbohydrate Vegetable	Macaroni Cheese Cheese Macaroni Sliced salad	Beef Teriyaki OR Beef Steak Beef steak / strips Noodles OR Rice Stir-fry vegetables (carrots, courgettes, green beans)	Beef lasagne Beef mince Lasagne sheets Butternut Green beans/green salad	Fish Cakes Fish Cake (tuna/hake) OR Steak (non-fish eaters) Sweet potato and butternut mash Broccoli or peas	Vegetarian Burger Chickpea burger Roll Coleslaw (vinaigrette dressing)