

1st Rotation



WEEKLY MENU

MONDAY

Snack: Lemon + Poppy Seed Muffins and Fruit skewers

Lunch: Tagliatelle Bolognese/ (Fresh Tomato Pasta Sauce (V)
Stirfry jullien Vegetables



TUESDAY

Snack: Home made Potato Crisps, Raisins, Nuts and watermelon

Lunch: Make your own Wrap with chicken, hummus and stir fried
vegetables



WEDNESDAY

Snack: Natural Yogurt with Muesli, Honey and Banana

Lunch: Home made chicken nuggets with rice and steamed broccoli and
cauliflower and Baked Stuffed Aubergine with a fresh tomato sauce (V)




THURSDAY

Snack: Peanut Butter and Jam Sandwiches with fresh fruit and bananas
Lunch: *Swahili Day* Vegetable Pilau with green lentils in coconut sauce.



FRIDAY

Snack: Pancakes with fresh fruit
Lunch: Bring your own picnic lunch to school



*Daily Salad Bar with lettuce, tomatoes, carrots, cucumber and various
options such as coleslaw, potato salad, butternut salad, brown rice/
couscous salad, croutons, boiled eggs, sweetcorn fritters, cheese etc...*

2nd Rotation



WEEKLY MENU

MONDAY

Snack: Banana Muffins and Fruit skewers

Lunch: Grilled Beef with sauce, potato wedges and mixed vegetables.
Vegetable Moussaka (V)



TUESDAY

Snack: Home made crunchies with fruit skewers and bananas

Lunch: Carrot and leek soup, fresh bread rolls and Margarita Pizzas



WEDNESDAY

Snack: Ham and Cheese Chapattis and fresh fruit

Lunch: Baked Potatoes with beef bolognaise, baked beans, cheese and
Tuna Mayonnaise and (V) garden peas and tomato sauce



THURSDAY


Snack: Rosemary Shortbread Biscuits with orange wedges and bananas

Lunch: Fish cakes with rice and roasted red pepper and tomato sauce and
vegetable lasagne (V)



FRIDAY

Snack: Crepes with honey and fresh fruit
Lunch: Bring your own picnic lunch to school



Daily Salad Bar with lettuce, tomatoes, carrots, cucumber and various options such as coleslaw, potato salad, butternut salad, brown rice/ couscous salad, croutons, boiled eggs, sweetcorn fritters cheese etc.,.

3rd Rotation



WEEKLY MENU

MONDAY

Snack: Carrot cake and fresh fruit

Lunch: Penne Pasta with fresh pesto or tomato sauce, jullien stirfried vegetables and grated parmesan cheese



TUESDAY

Snack: Tortilla corn chips (home made) with hummus and guacamole.

Lunch: Beef burgers and Aubergine Burger (V)



WEDNESDAY

Snack: Mandazi with lots of fresh fruit

Lunch: chicken curry with rice and poppadoms and Dahl and paneer curry (V) and sautéed mixed veggies with a side: mild mango, tomato and coriander chutney



THURSDAY

Snack: Home made brittle with nuts and coconut and watermelon slices

Lunch: bangers (beef) and mash with mixed vegetables and vegetable quiche (V)



FRIDAY

Snack: samosas or (beef / vegetable)

Lunch: Bring your own picnic lunch to school



Daily Salad Bar with lettuce, tomatoes, carrots, cucumber and various options such as coleslaw, potato salad, butternut salad, brown rice salad, croutons, boiled eggs, sweetcorn fritters cheese etc...