1st Rotation



WEEKLY MENU

MONDAY

Snack: Lemon + Poppy Seed Muffins and Fruit skewers

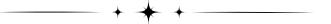
Lunch: Tagliatelle Bolognese/ (Fresh Tomato Pasta Sauce (V) Stirfry jullien Vegetables

+ + +

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 cocnut sauce.



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 salad, croutons, boiled eggs, sweetcorn fritters cheese

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)



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



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...*