

## Spring Menu



Monday



Tuesday



Wednesday



Thursday



Friday

**Morning Snack**  
with milk

Toast, cheese and  
fresh fruits

Cheese and spinach  
scones with fresh melon

Rice cakes and  
fruit slices

Crumpets, soft cheese  
with salad sticks

Sunflower flapjack and  
yogurt

**Lunch**  
Totalling to 200g

Fish pie bake and  
garden peas

Roasted chicken and  
vegetables served with  
new potatoes

Sausages with root mash  
and beans

Vegetable and lentil  
soup with wholemeal  
scones

Mushroom, leek and  
chicken lasagne with  
seasonal vegetables

**Vegetarian Option**

One pot vegetable  
and bean bake

Vegetarian roast with  
seasonal vegetables and  
new potatoes

Vegan sausages with  
root mash and beans

Vegetable and lentil  
soup with wholemeal  
scones

Vegetable lasagne with  
seasonal vegetables

**Pudding**

Apricot shortbread  
biscuit

Natural yogurt and fruit

Bananas and ice cream

Apple cake

Fresh fruit platter

**High Tea**  
with milk

Pasta salad

Jacket potatoes with a  
savoury filling and salad

Savoury wraps, humous  
and salad sticks

Homemade veggie rolls  
and fresh fruit

Selection of sandwiches  
and salad sticks

**Allergens**

Wheat, Dairy

Egg, Dairy, Wheat

Wheat, Dairy

Dairy, Wheat, Egg

Wheat, Dairy, Egg

# hdc

Happy Memories. Curious Minds.

## Spring Menu



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Thursday



Friday

**Morning Snack**  
with milk

Rice cakes with tuna  
and cucumber sticks

Porridge and fruit

Super healthy fruit bar  
and yogurt

Cheese and carrot  
scones with salad sticks

Crackerbread, cheese  
and melon sticks

**Lunch**  
Totalling to 200g

Roast ham, new  
potatoes and seasonal  
vegetables

Vegetable and chickpea  
curry with brown rice

Meatballs in a  
homemade tomato and  
vegetable sauce served  
with spaghetti

Turkey pie and seasonal  
vegetables

Fish fingers, potato  
wedges and salad

**Vegetarian Option**

Meat-free roast, new  
potatoes and seasonal  
vegetables

Vegetable and chickpea  
curry with brown rice

Meat-free pieces in a  
homemade tomato,  
vegetable sauce with  
spaghetti

Vegetable and bean pie  
served with seasonal  
vegetables

Veg fingers, potato  
wedges and salad

**Pudding**

Pureed fruit and yogurt

Homemade biscuit

Cheese, apple and  
grapes

Fresh fruit and custard

Beetroot and  
chocolate cake

**High Tea**  
with milk

Homemade soup with  
wholemeal scones

Handmade pizza with  
salad sticks

Savoury filled wraps  
with salad

Tuna pasta bake

Savoury filled pittas and  
salad sticks

**Allergens**

Wheat, Dairy, Fish

Wheat, Dairy

Wheat, Dairy

Wheat, Dairy, Fish

Wheat, Dairy, Fish

Water is available throughout the day. Our milks include cows, rice, lactose soya. We offer wheat, soya and dairy free options using a selection of free from, Quorn, vegetable and lentil products. Breakfast is served between 7:30 – 8:30. You can expect a selection of healthy cereals, porridge, toast and hot or cold milk.

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**Morning Snack**  
with milk

Crumpets and fruits

Yogurt, fruit and granola

Tea loaf and salad sticks

Beetroot bread and  
fresh fruits

Muffin and fresh fruit

**Lunch**  
Totalling to 200g

Potato, leek and cheese  
pie served with  
vegetables

Homemade lasagne  
served with garlic bread

Sweet and sour chicken  
with brown rice

Homemade fish cakes  
with vegetables

Jacket potato with a  
beef and vegetable chilli

**Vegetarian Option**

Potato, leek and  
cheese pie served with  
vegetables

Homemade lasagne  
served with garlic bread

Meat-free, sweet and  
sour pieces  
with brown rice

Vegetable, bean and  
potato cakes

Jacket potato with a  
vegetable chili

**Pudding**

Fruit crumble and  
ice cream

Carrot cake

Bananas and custard

Apple and raisins

Sugar-free fruit jelly or  
fresh fruits

**High Tea**

with milk

Hardboiled egg, three  
bread soldiers and salad  
sticks

Quiche and salad

Baked beans on  
wholemeal toast

Chicken noodle salad

Handmade pizza with  
salad

**Allergens**

Wheat, Dairy, Egg

Wheat, Dairy, Egg

Wheat, Dairy

Wheat, Dairy

Wheat, Dairy, Egg