



Chelmsford

Sample Menu

MONDAY	<i>Lunch</i> - HOMEMADE MEDITERRANEAN TOMATO PASTA BAKE <i>Tea</i> - BEANS ON WARM WHOLEMEAL TOAST	<i>Dessert</i> BANANA CAKE
TUESDAY	<i>Lunch</i> - HOMEMADE CHICKEN WITH SEASONAL VEGETABLES AND BABY POTATOES <i>Tea</i> - HOMEMADE VEGETABLE RICE SALAD	<i>Dessert</i> JELLY
WEDNESDAY	<i>Lunch</i> - FISH FINGERS WITH HOMEMADE SWEET POTATO WEDGES, PEAS AND SWEETCORN <i>Tea</i> - A SELECTION OF SANDWICHES	<i>Dessert</i> JAM RICE PUDDING
THURSDAY	<i>Lunch</i> - HOMEMADE TOAD IN THE HOLE WITH MASH, PEAS, CARROTS AND GRAVY <i>Tea</i> - TUNA AND SWEETCORN PASTA SALAD	<i>Dessert</i> SLICED BANANAS AND CUSTARD
FRIDAY	<i>Lunch</i> - HOMEMADE POTATO LEEK AND CHEESE BAKE WITH GREEN BEANS <i>Tea</i> - HOMEMADE TOMATO SOUP SERVED WITH A ROLL	<i>Dessert</i> SPONGE AND ICE CREAM

Breakfast menu is a selection of wholegrain cereals with warm toast.

All the children are given snacks and drinks, every morning before lunch and late evening after tea; which is fresh fruits, vegetables and dip or cheese spread and crackers

Meals are adapted to accommodate vegetarians or children with allergies.

Children can help themselves to water at any time during the day and are offered water to drink at snack time and water or milk with breakfast lunch or tea.