

Spring Menu 2022

WEEK ONE

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Breakfast

Wholemeal toast
Porridge
Weetbix
Whole wheat Cherrios

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Morning Tea

Fresh Seasonal Fruit
Platter

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Platter

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Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Lunch

Spinach Cannelloni &
chickpea salad

Mexican Beef & Bean
Burrito with garden
salad

Chicken Tikka Masala
& Basmati rice

Crumbed Fish with
Hand-cut Chips, Pea &
Corn Salad

Chicken & Pumpkin
Risotto

Vegetarian

Spinach Cannelloni &
Chickpea Salad

Mexican Bean Burrito
with garden salad

Vegetarian Tikka
Masala & Basmati rice

Falafel with Hand-cut
Chips, Pea and Corn
Salad

Vegetable Risotto

Afternoon Tea

Banana Bran Muffins

Cheesy Turkish Bread

Dips, Biscuits & Veggie
Platter

Assorted Sandwich
Platters

Fruit Salad & Greek
Yoghurt

Late snack: mixture of cheese, crackers and fruits

Water is readily available throughout the day
All meals contain AT LEAST 4 hidden vegetables

All meals served are supportive of child's needs/requirements e.g., texture, allergies, food intolerance, beliefs and culture.



Spring Menu 2022

WEEK TWO

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Breakfast

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Morning Tea

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

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Platter

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Platter

Fresh Seasonal Fruit
Platter

Lunch

Creamy mushroom &
chicken pasta with
garlic bread

Homemade Beef
Burgers with assorted
toppings

Roast of the Day with
Roast Vegetables &
Gravy

Mild Thai green
Vegetable Curry &
Jasmine Rice

Tuna Mac & Cheese Pie
with a Zucchini &
Rocket Salad

Vegetarian

Creamy Mushroom
Pasta served with
Garlic Bread

Homemade Veggie
Burgers with assorted
toppings

Vegetable & Lentil
Falafel with assorted
Roast Vegetables

Mild Thai Green
Vegetable Curry
served with Jasmine
rice

Lenti Mac & Cheese pie
with a Zucchini &
Rocket Salad

Afternoon Tea

Rice Crackers with
Assorted Topings

Greek Yoghurt &
Muesli

Banana and Oat
Clusters

Fruit Salad & Yoghurt
Drops

Scones with Jam

Late snack: mixture of cheese, crackers and fruits

Water is readily available throughout the day
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Spring Menu 2022

WEEK THREE

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Breakfast

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Morning Tea

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Lunch

Honey Soy Chicken Stir
Fry with Hokkein
Noodles

Creamy Meatball
Pasta Bake

Hawaiin Fried Rice with
Pineapple

Lamb Shank Papadelle
Pasta

Beef Taco's with
Garden Salad

Vegetarian

Honey Soy Tofu Stir Fry
with Hokkein Noodles

Creamy Vegetable
Pasta Bake

Hawaiin Fried Rice with
Pineapple

Passata Papadelle
Pasta

Mixed Vegetable Taco's
with a Garden Salad

Afternoon Tea

Greek yoghurt and
fruit salad

Salada with Assorted
Toppings

Blueberry, Kale &
Coconut Muffins

Dips, Biscuits and Dried
Fruit

Assorted Sandwich
Platter

Late snack: mixture of cheese, crackers and fruits

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Spring Menu 2022

WEEK FOUR

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Breakfast

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Weetbix
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Wholemeal toast
Porridge
Weetbix
Whole wheat Cherrios

Morning Tea

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Fresh Seasonal Fruit
Platter

Lunch

Meat Pastie Slice with
a Brown Rice Salad

Chicken Pad Thai with
Glass Noodles and
Asian Greens

Baked Potatoes with
Assorted Toppings

Spaghetti Bolognaise
seved with Garlic
Bread

Chicken Breast with
Pesto Pasta salad

Vegetarian

Vegetable Pastie Slice
with & Brown Rice
Salad

Tofu Pad Thai with
Glass Noodles and
Asian Greens

Baked Potatoes with
Assorted Toppings

Passata Bolognaise
served with Garlic
Bread

Falafel with Pesto
Pasta Salad

Afternoon Tea

Dips, Cheese, Biscuits &
veggie sticks

Kale, Coconut & Choc
Chip Muffins

Greek Yoghurt with
Muesli

Stewed Apples &
Custard

Mixed Fruit Muffins

Late snack: mixture of cheese, crackers and fruits

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