

# Bright Stars Menu 2024

<p><b>Week 1</b></p> <p><b>Monday</b></p> <p><b><u>Breakfast</u></b>  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal</p>	<p><b><u>Lunch</u></b>  Minestrone Soup, served with brown bread.  Options: GF Veg Vg Hal</p> <p><b><u>Dessert</u></b>  Fresh Fruit with yoghurt gluten free option  Drink of whole milk gluten free option/water</p>	<p><b><u>Afternoon Snack</u></b>  LS Beans on Toast. Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>
<p><b>Tuesday</b></p> <p><b><u>Breakfast</u></b>  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal</p>	<p><b><u>Lunch</u></b>  Crispy vegetable sardine fish bake served with mash  potato Options: GF Veg Vg Hal</p> <p><b><u>Dessert</u></b>  LS Banana Cake with low sugar custard. Options: GF Veg  Vg Hal  Drink of whole milk gluten free option/water</p>	<p><b><u>Afternoon Snack</u></b>  Crumpets served with LF cream cheese cucumber sticks,  carrot sticks and tomato.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>
<p><b>Wednesday</b></p> <p><b><u>Breakfast</u></b>  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal</p>	<p><b><u>Lunch</u></b>  Chicken Korma curry served on a bed or rice with Broccoli,  Cauliflower and Carrots..  Options: GF Veg Vg Hal</p> <p><b><u>Dessert</u></b>  Bananas and LS custard Options: GF Veg Vg Hal  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>	<p><b><u>Afternoon Snacks</u></b>  Platter of sandwiches, egg, ham and chicken served  with lettuce, tomato and cucumber sticks.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>
<p><b>Thursday</b></p> <p><b><u>Breakfast</u></b>  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal</p>	<p><b><u>Lunch</u></b>  Tomato pasta bake, served with carrots, green beans,  sweetcorn and peas..  Options: GF Veg Vg Hal</p> <p><b><u>Dessert</u></b>  LS Rice Pudding.  Drink of whole milk gluten free option/water</p>	<p><b><u>Afternoon Snacks</u></b>  French Bread served with tomato cucumber sticks and  carrot sticks.,LF liver pate, LF cheese and chicken..  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>
<p><b>Friday</b></p> <p><b><u>Breakfast</u></b>  Choice of Wholemeal Toast or  Cereal – Weetabix/Branflakes/Hoops  Drink of Whole Milk/Water  Options: GF Veg Vg Hal</p>	<p><b><u>Lunch</u></b>  Quorn Chilli served with new potatoes and green beans  and carrots peas and sweetcorn.  Options: GF Veg Vg Hal</p> <p><b><u>Dessert</u></b> Fresh fruit with yoghurt. Gluten free option  Drink of whole milk gluten free option/water</p>	<p><b><u>Afternoon Tea</u></b>  Crackers served with LF cheese , chicken served with a  selection of salad.  Options: GF Veg Vg Hal  Drink of whole milk gluten free option/water</p>

All meals accommodate Gluten Free- Vegetarian- Vegan- Dairy Free- Halal

LS – Low Sugar LF – Low Fat

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<b>Week 2</b> <b>Monday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Chicken Pot Pie soup, served with brown bread. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Fresh Fruit with yoghurt Drink of whole milk/water	<b><u>Afternoon Snack</u></b> LS Beans on Toast. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Tuesday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Quorn Spaghetti Bolognese served with carrots and peas. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Low sugar Carrot cake with low sugar custard . Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Crumpets served with LF cream cheese cucumber sticks, carrot sticks and tomato. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Wednesday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Fish Fingers, served with mash potato and peas. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Bananas and low sugar custard Options: GF Veg Vg Hal Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Platter of sandwiches, egg, ham and chicken served with lettuce, tomatoes and cucumber stick. Options: GF Veg Vg Hal Selection of fruit. Drink of whole milk gluten free option/water
<b>Thursday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Cowboy Pie served with broccoli, cauliflower. Carrots and peas. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Low Sugar Rice Pudding. Veg Hal Yoghurt Options: GF Vg Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> French Bread served with tomato cumber sticks and carrot sticks., LF pate, LFcheese and chicken.. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Friday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Quorn Chicken pasta bake served with green beans carrots peas and sweetcorn.. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Fresh fruit with yoghurt. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Crackers served with LF cheese , chicken served with a selection of salad. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water

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<b>Week 3</b> <b>Monday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Tomato and Lentil soup , served with brown bread. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Fresh Fruit with yoghurt gluten free option Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> LS Beans on Toast. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Tuesday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Chicken hot pot with peas and potato, served green beans and carrots,. Options: GF Veg Vg Hal <b><u>Dessert</u></b> LS Lemon cake with low sugar custard. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Crumpets served with LF cream cheese cucumber sticks, carrot sticks and tomato. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Wednesday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Salmon fish pie served with mash broccoli and carrots. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Bananas and low sugar custard Options: GF Veg Vg Hal Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Platter of sandwiches, egg, ham and chicken. Served with lettuce, tomato and cucumber sticks. Options: GF Veg Vg Hal Selection of fruit. Drink of whole milk gluten free option/water
<b>Thursday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Fruity Quorn chicken served with rice and carrots, green beans, sweetcorn and peas. Options: GF Veg Vg Hal <b><u>Dessert</u></b> Low Sugar Rice Pudding. Yoghurt Options: GF Veg Vg Hal Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> French Bread served with tomato cumber sticks and carrot sticks.,LF liver pate, LF cheese and chicken.. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water
<b>Friday</b> <b><u>Breakfast</u></b> Choice of Wholemeal Toast or Cereal – Weetabix/Branflakes/Hoops Drink of Whole Milk/Water Options: GF Veg Vg Hal	<b><u>Lunch</u></b> Tuna Pasta Bake served with sweetcorn and peas. Options: GC Veg VG Halal <b><u>Dessert</u></b> Fresh fruit with yoghurt. Gluten free option Drink of whole milk gluten free option/water	<b><u>Afternoon Snack</u></b> Crackers served with LF cheese LF pate, chicken, cucumber sticks, carrot sticks and tomato. Options: GF Veg Vg Hal Drink of whole milk gluten free option/water

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