




Monthly Menu



For the month of: September, October, November

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	French toast, strawberries with syrup & milk	Muffin with Fruit Pouch & milk	Waffles with bananas & milk	Cereal/Porridge pear & milk	Pancakes with peaches & milk
	A.M. Snack	Madeleine & Apple Juice	Fruit cocktail & water	Yogurt with berries, & water	Fruit pouch, biscuit & apple juice	Muffin & milk
	Lunch	Jacket Potato with beans and cheese, Jelly	Spaghetti with grated cheese, custured puddim	Bangers and Mash, ice-cream	Tomato pasta, chocolate mouse	Chicken nuggets with peas, ice-cream
	P.M. Snack	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water
Week 2	Breakfast	Yogurt with bananas & milk	French toast with blueberries & milk	Banana bread, pineapple & milk	Pancakes with fresh strawberries & milk	pain du chocolate & milk
	A.M. Snack	Fruit cocktail and apple juice	Chocolate rice cake & water	Frozen yogurt with berries & water	Fruit Cocktail with biscuit & water	Chocolate dipped bananas & water
	Lunch	Chicken soup with fruit cocktail & jelly	Cod, mash, broccoli & caramel puddim	chicken nuggets, veggies & jelly	Spaghetti bolognas, ice-cream & milk	Pizza with chips, rice puddim & milk
	P.M. Snack	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water
Week 3	Breakfast	Banana bread with peach slice & milk	Pancake with syrup & milk	Scrambled eggs, & milk	Baked doughnuts & milk	Yogurt, peaches & milk
	A.M. Snack	Rice cakes with, bananas, & water	fresh fruit & Apple juice	Raspberries with yogurt, & milk	Madeleine with & water	Pancakes & milk
	Lunch	Cod, mash, broccoli, Jelly & water	chicken & mushroom risotto choc brownie & water	Tuna pasta bake with carrot sticks, custard & milk	Tomato soup with bread, brownie & water	Fish Fingers with peas, ice-cream & milk
	P.M. Snack	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water
Week 4	Breakfast	Banana with chocolate dip and milk	Chocolate chip muffin with pear & milk	Porridge with bananas, berries & milk	Pancakes & milk	Yogurt, berries & milk
	A.M. Snack	bread sticks with soft cheese dip & water	Fresh fruit cocktail & water	Chocolate sunbutter oatmeal bars & water	Yogurt, oat bar & water	Fresh fruit popsicles with granola bar & water
	Lunch	Boiled egg with corn and peas, carrots & milk	Pasta with salmon & fruit puddim	Fish fingers, chips peas and ice-cream	Cottage pie & rice puddim	Jacket Potato with beans and cheese Jelly & milk
	P.M. Snack	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water	Sandwich with fresh fruit & water