

Childcare Centre 3 Week Example Menu

Week 1				
Day	Main course	Dessert	Tea	Dessert
Monday	Toad in the hole with mashed potatoes and carrots	Shortbread and ice cream	Cheese and roasted tomato wholegrain pizza with potato wedges	Bananas and Custard
Vegetarian	Quorn in gravy			
Tuesday	Roast chicken, roast potatoes and green beans	Flapjack	Fishcakes and peas	Yogurts
Vegetarian	Lentil stew		Vegetable bake and peas	
Wednesday	Savoury mince, dumplings, mashed potato and sweetcorn	Apple crumble and custard	Cheese & tomato pasta bake	Malt loaf
Vegetarian	Puy lentil lasagne			
Thursday	Pork shoulder with roast potatoes & broccoli	Carrot cake	Sausage and veg	Peaches and ice cream
Vegetarian	Mediterranean pasta		Vegetable slice	
Friday	Fish fingers with new potatoes and peas	Rice pudding	Picnic Tea	Homemade cake
Vegetarian	Mango and brie parcel			

Week 2				
Day	Main course	Dessert	Tea	Dessert
Monday	Pasta carbora with sweetcorn	Rice pudding	Battered chicken balls & vegetables	Muffins
Vegetarian	Chickpea and butternut squash casserole		Vegetable spring roll	
Tuesday	Sausage casserole, new potatoes and carrots	Shortbread and ice cream	Fishcake and mixed vegetables	Malt loaf
Vegetarian	Baked aubergine rolls			
Wednesday	Mild chicken curry with rice and peas	Flapjack	Cheesy pasta bake	Bananas and ice cream
Vegetarian	Chick pea & squash curry			
Thursday	Pasta bolognese and garlic bread	Apple crumble and custard	Sausage and peas	Homemade biscuit
Vegetarian	Cheese & Tomato pasta		Quorn sausage and peas	
Friday	Cod in batter with mashed potato and carrots	Carrot cake	Chicken wrap & crudités	Yogurts
Vegetarian	Roasted pepper & bean casserole		Cheese wrap & crudités	

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Week 3				
Day	Main course	Dessert	Tea	Dessert
Monday	Battered chicken chunks with new potatoes & peas	Carrot cake	Pasta bake	Malt loaf
Vegetarian	Aubergine & mushroom pie			
Tuesday	Roast Pork with roast potatoes and green beans	Rice pudding	Vegetable soup and roll	Pineapple upside-down cake
Vegetarian	Quorn fillet in gravy			
Wednesday	Cottage pie with carrots	Shortbread and ice-cream	Sausage roll	Bananas & Custard
Vegetarian	Roasted vegetable & tomato pasta		Vegetable slice	
Thursday	Chicken & sweetcorn wrap	Flapjack	Fish cake & peas	Yogurts
Vegetarian	Goats cheese & tomato lasagne		Country bake & peas	
Friday	Jacket potato with tuna mayo and crudities	Apple crumble and custard	Mixed sandwiches	Sponge cake
Vegetarian	Jacket potato, cheese & crudities			