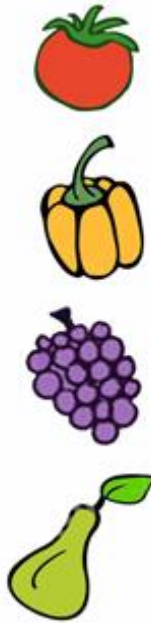
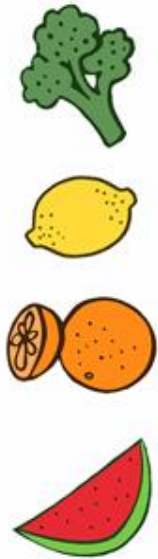


Holyrood Astley Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast & fresh fruit				
Snacks	Morning Snacks: Vegetable sticks/fresh fruit Afternoon/Evening Snacks: Vegetable sticks/fresh fruit/rice cakes/breadsticks with hummus/crackers & cheese				
Lunch	Tuna or Vegetable pasta with sweetcorn	Chicken or Vegetable curry with rice	Beef or Vegetable stew with dumplings	Jacket potato with chilli (beef or mixed bean)	Cheese & Onion pie with new potatoes & beans
Starter OR Pudding	Fresh fruit	Naan bread	Banana Loaf	Mediterranean salad	Yoghurt
Hot Tea (under 3's)	Corned beef hash	Tomato & herb pasta	Vegetable casserole	Mushroom stroganoff & rice	Tuna pasta bake
High Tea (over 3's)	Crackers with cheese & fresh fruit	Selection of sandwiches & fresh fruit	Crumpets with a variety of spreads & fresh fruit	Spaghetti on toast & fresh fruit	Soup with bread & fresh fruit



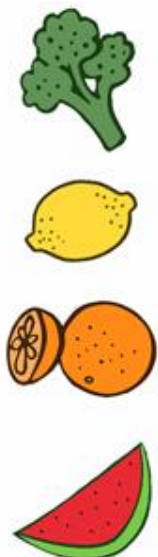
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



Holyrood Astley Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast & fresh fruit				
Snacks	Morning Snacks: Vegetable sticks/fresh fruit Afternoon/Evening Snacks: Vegetable sticks/fresh fruit/rice cakes/breadsticks with hummus/crackers & cheese				
Lunch	Vegetable risotto with tomato & herb sauce	Corned beef hash with cabbage	Moroccan lamb or Vegetable & chickpea tagine with rice	Chicken or vegetable pasta bake	Fish fingers with new potatoes, peas & parsley sauce
Starter OR Pudding	Breadsticks with hummus	Flapjack	Nachos with cheese sauce	Bananas with custard	Vegetable crudité's with lemon mayonnaise
Hot Tea (under 3's)	Cauliflower pasta bake	Lamb risotto	Chunky potato & leek soup	Cheese & Onion pie	Chinese chicken & rice
High Tea (over 3's)	Pancakes & fresh fruit	Crackers with cheese & fresh fruit	Beans on toast & fresh fruit	Toasted tea cakes & fresh fruit	Selection of sandwiches & fresh fruit



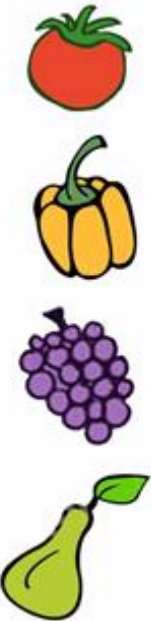
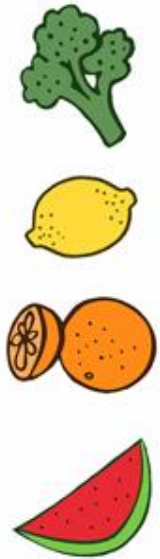
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Holyrood Astley Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast & fresh fruit				
Snacks	Morning Snacks: Vegetable sticks/fresh fruit Afternoon/Evening Snacks: Vegetable sticks/fresh fruit/rice cakes/breadsticks with hummus/crackers & cheese				
Lunch	Vegetable chilli with rice or cous-cous	Chicken or Vegetable broth	Meat or Quorn & potato pie with mashed carrot & swede	Macaroni cheese or Tuna pasta	Roast chicken or Gammon with mixed vegetables
Starter OR Pudding	Yoghurt	Spicy potato wedges with garlic dip	Fresh Fruit	Caesar Salad	Ice Cream
Hot Tea (under 3's)	Corned beef hash	Ham pasta bake	Vegetable casserole	Mushroom stroganoff & rice	Beans on toast
High Tea (over 3's)	Bagels with fresh fruit	Selection of sandwiches & fresh fruit	Cheese, crackers & fresh fruit	Soup & fresh fruit	Beans on toast



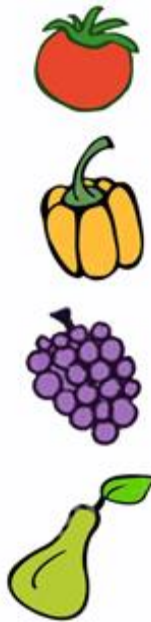
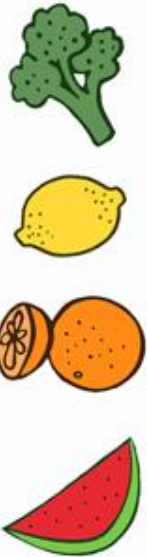
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Holyrood Astley Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast & fresh fruit				
Snacks	Morning Snacks: Vegetable sticks/fresh fruit Afternoon/Evening Snacks: Vegetable sticks/fresh fruit/rice cakes/breadsticks with hummus/crackers & cheese				
Lunch	Vegetable or Chicken Chow Mein	Pork or Vegetarian Sausages with colcannon & onion gravy	Pasta Bolognese or Pasta with Quorn meatballs	Lancashire Hotpot or Shepherds Pie (lamb or vegetable)	Fishcakes, new potatoes, peas & parsley sauce
Starter OR Pudding	Prawn Crackers	Rice Pudding	Bruschetta	Jelly	Yoghurt
Hot Tea (under 3's)	Lamb risotto	Ravioli on toast	Vegetable casserole	Chicken pasta bake	Cheese & onion pie with beans
High Tea (over 3's)	Selection of sandwiches & fresh fruit	Ravioli on toast	Crumpets & fresh fruit	Barmcake with fillings	Crackers, cheese & fresh fruit



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