



Afterschool Menu

Week 1

Monday	Chicken Pasta Bake served with sweetcorn and peas Homemade Frittata served with sweetcorn and peas
Tuesday	Lasagne served with broccoli and sweetcorn Chow Mein Noodles with broccoli and sweetcorn
Wednesday	Roast pork, mashed potatoes & with carrots & peas Veg soup with brown roll/bread
Thursday	Beef curry & brown rice with broccoli and carrot Mac & cheese with carrot and broccoli
Friday	Homemade pizza, wedges & beans Pasta in tomato sauce with carrots

Week 2

Monday	Chicken Curry & brown rice with peas & sweetcorn Pasta bake with peas & sweetcorn
Tuesday	Spaghetti bolognese served with broccoli & sweetcorn Homemade Frittata served with broccoli & sweetcorn
Wednesday	Ham , mashed potatoes with carrot & broccoli Macaroni & cheese with carrot & broccoli
Thursday	Shepherd's Pie served with carrots and peas Vegetable soup with brown bread/brown roll
Friday	Fish fingers , mashed potato with beans & carrots Penne pasta with tomato sauce served with carrots

Week 3

Monday	Chicken pasta bake with peas & sweetcorn Chow mein noodles with peas & sweetcorn
Tuesday	Chicken casserole & brown rice with broccoli & sweetcorn Pasta bake with broccoli & sweetcorn
Wednesday	Roast beef , potatoes with carrots & peas Vegetable soup with brown bread/brown roll
Thursday	Chilli con carne & brown rice with carrot & broccoli Macaroni & Cheese with carrot and broccoli
Friday	Chicken goujons, wedges with beans & carrots Spaghetti pasta with tomato sauce with carrots & beans