



Belgrave School Menu

Week 1

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|--|
| Breakfast | Drink Cereals with milk Banana | Drink Cereals with milk Croissants or brioche roll with butter and jam Melon | Drink Cereals with milk Toast, marmite or jam Pear | Drink Cereals with milk Continental breakfast of cheese, ham & tomato Pineapple | Drink Cereals with milk Toasted Bagels with jam or honey Apple |
| Lunch | Roast chicken and stuffing with roast potatoes, vegetables and gravy | V Jacket potatoes with a choice of toppings (tuna mayo, beans, Quorn or cheese) and salad | Chicken curry, rice and naan bread with side salad | Pork and apple meatballs in tomato sauce with pasta and cheese | Pizza and salad |
| Pudding | Natural yoghurt with honey and seeds | Fruit salad | Mini meringues | Fruit | Jelly trifle |
| Snack | Rice cakes and toppings | Vegetable batons and red bean dip | Cheese and chive scones | Hummus and pitta bread | Fruit platter |

Week 2

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|--|---|--|
| Breakfast | Drink Cereals with milk Toasted muffins with jam or honey Apple | Drink Cereals with milk Granola bar Banana | Drink Cereals with milk Toasted bagels Pear | Drink Cereals with milk Natural yogurt with fruit | Drink Cereals with milk Pancakes with homemade fruit compote |
| Lunch | Lemon herb chicken with crispy potatoes and carrots, served with a natural yoghurt dip | V Vegetable stir-fry and egg fried rice | Spaghetti carbonara with parmesan cheese, served with garlic bread | Fish pie with peas | A - Hot dogs with potato wedges and coleslaw B - Ham served with potato croquettes and baked beans |
| Pudding | Fruit sorbet | Coconut sponge | Fruit | Fruit jelly and ice cream | Lemon muffin |
| Snack | Crackers with cream cheese | Fruit platter | Cheese pinwheels | Vegetable batons with beetroot dip | Oat cakes with butter and cucumber slices, or marmite |

Week 3

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|---|---|--|
| Breakfast | Drink Cereals with milk Toasted bagels with butter, honey or jam Pear | Drink Cereals with milk Overnight oats Banana | Drink Cereals with milk Pancakes with berries | Drink Cereals with milk Toast with butter, jam or honey Apple | Drink Cereals with milk Bread (various), hardboiled eggs, sausage and mushrooms or tomato and melon |
| Lunch | V Jacket potatoes with 3 bean chilli and salsa | Chicken pie with cous cous and vegetables | Lamb pasta bolognaise with cheese | Fajitas and rice with sour cream | Fishcakes, chips & beans |
| Pudding | Fruit | Milk pudding | Banana or carrot muffins | Apple pie and ice cream | Choc chip cookies |
| Snack | Breadsticks and cheese dip | Rice cakes with various toppings | Toast fingers and cream cheese | Fruit kebabs | Mini ham or cheese baguette |