







Little Angels



	LUNCH	DESSERT	TEA	DESSERT
MONDAY	Chilli con carne with wholemeal rice	Chocolate tray bake	 Mixed sandwiches with pate or soft cheese filling	Greek yoghurt and grapes
TUESDAY	 Fish pie with carrots and peas	Eton mess 	Wholemeal pittas filled with cream cheese or chicken mayonnaise with cucumber sticks	Homemade oatmeal and raisin cookies 
WEDNESDAY	Macaroni cheese with sweetcorn	 Bananas and custard	Assorted filled bread rolls with ham or tuna mayonnaise filling	Coconut and blueberry cakes
THURSDAY	Mediterranean chicken with wholemeal rice	Semolina	Cheese scone pizza base topped with cheese and tomato	Lemon drizzle cake
FRIDAY	Beef lasagne with garlic bread	Jelly and ice cream	Crackers, cheese and grapes 	Malt loaf with butter

EXAMPLE WEEKLY MENU