

# The Break Menu *Week Two*

Water available all day and with all meals. Menus are subject to change and availability.



## Monday

Tea  
is served at  
4.45pm

Sweet Chilli & Oriental  
Vegetable Noodle Salad  
Selection of Fruit

Afternoon  
Snack  
served as  
soon as we  
get in from  
school

Carrot Sticks  
with garlic & onion dip

Vegetarian  
Tea

Sweet Chilli & Oriental  
Vegetable Noodle Salad

### Nutrition

Starchy Portions 2  
Fruit & Vegetable Portions 3  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

## Tuesday

Oven Baked Sausage  
Bap  
with mixed summer salad  
Selection of Fruit

Watermelon Fans

Feta, Spinach & Humous  
Wraps  
with vegetable crudités

### Nutrition

Starchy Portions 2  
Fruit & Vegetable Portions 3  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 2  
Milk & Dairy Foods 2

## Wednesday

Selection of Sandwiches  
with pepper sticks &  
cherry tomato  
Fruit Yoghurt

Sliced Banana &  
Sultanas

Sweetcorn & Pepper  
Bagel Pizza  
with carrot sticks

### Nutrition

Starchy Portions 2  
Fruit & Vegetable Portions 3  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

## Thursday

Jacket Potatoes  
with baked beans &  
grated cheese  
Selection of Fruit

Seasonal Pears

Jacket Potatoes  
with baked beans &  
grated cheese

### Nutrition

Starchy Portions 2  
Fruit & Vegetable Portions 3  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

## Friday

Ham & Mozzarella Naan  
Bread Melts  
with cucumber sticks  
Selection of Fruit

Apple Fingers

Garlic Mushroom &  
Mozzarella Naan Bread  
Melts  
with cucumber sticks

### Nutrition

Starchy Portion 2  
Fruit & Vegetable Portion 2  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 1  
Milk & Dairy Foods 1