

The Break Menu **Week Three**

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



Monday

Tea
is served at
4.45pm

Spaghetti Hoops
*with buttered baked
bread roll*
Selection of Fruit

Afternoon
Snack
served as
soon as we
get in from
school

Melon Fingers

Vegetarian
Tea

Spaghetti Hoops
*with buttered baked
bread roll*

Nutrition

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

Tuesday

Sliced Chicken, Soft
Cheese & Cress Wraps
Selection of Fruit

Pineapple Fans

Soft Cheese, Cress &
Grated Carrot Wraps

Nutrition

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

Wednesday

Mozzarella & Tomato
Muffin Pizza
Fruit Yoghurt

Cucumber Sticks
& Humous

Mozzarella & Tomato
Muffin Pizza

Nutrition

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

Thursday

'BLT' Club Sandwich –
Bacon, lettuce & tomato
Selection of Fruit

Apple Slices

'ALT' Club Sandwich –
Avocado, lettuce & tomato

Nutrition

Starchy Portions 2
Fruit & Vegetable Portions 4
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1
Milk & Dairy Foods 2

Friday

Cheese & Biscuits
*with quartered grapes,
sliced apple & pear chutney*
Selection of Fruit

Buttered Rice Cakes
& Sliced Banana

Cheese & Biscuits
*with quartered grapes,
sliced apple & pear chutney*

Nutrition

Starchy Portion 2
Fruit & Vegetable Portion 4
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 1
Milk & Dairy Foods 2