

## The Menu for week commencing Monday 30th January 2012

Please email [rachel@littleangelscalne.co.uk](mailto:rachel@littleangelscalne.co.uk) if your child is fond of a certain meal or food and we will try to include it in our menus

### Monday

Morning snack	Cereal
Lunch	Spaghetti carbonara with ham and mushrooms
Side	Mixed salad
Side	Garlic bread
Dessert	Fruit yoghurts
Afternoon Tea	Pizza
Dessert	Fruit

### Tuesday

Morning snack	Crackers, cheese, grapes and apples
Lunch	Roast of the day
Side	Roast potatoes
Side	Parsnips and broccoli
Dessert	Ice cream sundae
Afternoon Tea	Quiche with beans or salad
Dessert	Fruit salad

### Wednesday

Morning snack	Crudites and breadsticks with guacamole and houmous
Lunch	Chicken Tikka
Side	Rice or cous cous
Side	Naan bread
Dessert	Chocolate tray bake (toddlers to bake)
Afternoon Tea	Beans on toast with scrambled egg
Dessert	Bananas and icecream

### Thursday

Morning snack	Fruit tasting
Lunch	Sausages
Side	Mashed potatoes
Side	Sweetcorn and peas
Dessert	Waffles with mixed berries and sauce
Afternoon Tea	Bacon, thyme and onion tart with salad
Dessert	Jelly and fruit

### Friday

Morning snack	Apples, pears and oranges
Lunch	Fish fingers
Side	Chips
Side	Beans
Dessert	Apricot puffs with custard (Pre school to make with Linda)
Afternoon Tea	Roasted vegetable soup with wholemeal bread
Dessert	Fromage frais and fruit



## The Menu for week commencing Monday 6<sup>th</sup> February 2012

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### Monday

Morning snack	Strawberries, bananas and grapes
Lunch	Chicken risotto
Side	Butternut squash
Side	Sweet potato
Dessert	Fruit lollies
Afternoon Tea	Tuna pasta salad
Dessert	Rice crispy cakes (Toddlers to make)

### Tuesday

Morning snack	Crumpets with jam and honey
Lunch	Spaghetti bolognaise
Side	Peppers, courgettes, onions and tomatoes
Side	Garlic bread
Dessert	Rhubard and orange cake
Afternoon Tea	Wholemeal wraps with chicken, peppers, cucumber and dips
Dessert	Fruit yoghurts and biscuits

### Wednesday

Morning snack	Cheese, crackers, grapes and apples
Lunch	Indian spiced shepherd pie
Side	Parsnips
Side	Mixed vegetables
Dessert	Fromage frais
Afternoon Tea	Sausages and beans
Dessert	Fruit salad

### Thursday

Morning snack	Kiwi, bananas, grapes and strawberries
Lunch	Roast of the day
Side	Roast potatoes
Side	Peas and sweetcorn
Dessert	Cherry, bran and raisin muffins (babies to make)
Afternoon Tea	Baked potatoes with cheese, beans and salad
Dessert	Fruit fromage frais

### Friday - Valentines Ball

Morning snack	Cereal
Lunch	Pepperoni pasta
Side	Peppers, onions, courgettes
Side	Garlic bread
Dessert	Heart biscuits (3 - 5 room to make)
Afternoon Tea	Valentines party tea
Dessert	



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### Monday

Morning snack	Carrots, cucumber, grapes, crackers and dips
Lunch	Sausages
Side	Roast Potatoes
Side	Mixed vegetables
Dessert	Fromage frais
Afternoon Tea	Chicken soup with wholemeal rolls
Dessert	Muffins and fruit (Babies to make)

### Tuesday - Valentines' Day

Morning snack	Toasted crumpets
Lunch	Chicken and sweetcorn pie
Side	Carrots and cabbage
Side	New potatoes
Dessert	Jelly and fruit
Afternoon Tea	Pizza and beans
Dessert	Valentine heart biscuits (Toddlers to make)

### Wednesday

Morning snack	Bananas, apples, grapes and kiwi
Lunch	Hot dogs
Side	Chips
Side	Beans
Dessert	Icecream cones and fruit
Afternoon Tea	Chicken pasta salad
Dessert	Fruit yoghurts and biscuits

### Thursday

Morning snack	Crackers, cheese, apples and pears
Lunch	Lasagne
Side	Salad
Side	Garlic bread
Dessert	Eaton mess with strawberries and bananas
Afternoon Tea	Sausage rolls and beans
Dessert	Fruit salad

### Friday

Morning snack	Bagels with cream cheese and ham
Lunch	Roast of the day
Side	Roast potatoes
Side	Peas and parsnips
Dessert	Cupcakes (3 - 5 to bake)
Afternoon Tea	Baked potatoes with tuna, cheese and salad
Dessert	Malt loaf



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### Monday

Morning snack	Crudites with breadsticks and dips
Lunch	Roast of the day
Side	Roast potatoes
Side	Carrots and peas
Dessert	Chocolate and raspberry cake (Toddlers to make)
Afternoon Tea	Macaroni cheese and green salad
Dessert	Fruit jelly

### Tuesday - Shrove Tuesday

Morning snack	Pancakes with berries (Toddlers to make)
Lunch	Tuna pasta bake
Side	Garlic bread
Side	
Dessert	Fromage frais
Afternoon Tea	Stuffed pittas with hummus, peppers, cucumber, lettuce and carrot
Dessert	Fairy cakes

### Wednesday

Morning snack	Cereal
Lunch	Ploughmans lunch
Side	Ham, cheese
Side	Salad and crusty rolls
Dessert	Icecream cones and fruit
Afternoon Tea	Vegetable pasta salad
Dessert	Rice pudding

### Thursday

Morning snack	Fresh fruit
Lunch	Fish fingers
Side	Chips
Side	Peas
Dessert	Fruit jelly and icecream
Afternoon Tea	Tomato soup and ciabatta
Dessert	Shortbread and strawberries

### Friday

Morning snack	Crackers, cheese, cucumber, carrots and
Lunch	Warm penne with sausage and fresh tomatoes
Side	Salad
Side	Garlic bread
Dessert	Toffee cheesecake and cream
Afternoon Tea	Pizza crumpets
Dessert	Fruit and biscuits



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### Monday

Morning snack	Fruit teacakes with bananas and yoghurt
Lunch	Sausage and mixed bean casserole
Side	Pasta
Side	Garlic bread
Dessert	Lemon and poppy seed muffins
Afternoon Tea	Cous cous with chicken and vegetables
Dessert	Strawberry mousse

### Tuesday

Morning snack	Fruit selection
Lunch	Roast of the day
Side	Roast potatoes
Side	Carrots and spring greens
Dessert	Fromage frais
Afternoon Tea	Falafels with toasted pitta, hummus, lettuce and chutney
Dessert	Bananas and cream

### Wednesday

Morning snack	Breadsticks, cheese dip, cucumber, carrots, grapes
Lunch	Linguine with turkey meatballs and roasted peppers
Side	Courgettes
Side	Green salad
Dessert	Syrup sponge and custard
Afternoon Tea	Cheeseburgers and salad
Dessert	Fromage frais

### Thursday

Morning snack	Pancakes with bananas
Lunch	Minced beef pie
Side	Potatoes
Side	Carrots and peas
Dessert	Lemon creams with raspberries
Afternoon Tea	Warm pasta salad
Dessert	Biscuits and fruit

### Friday

Morning snack	Sausage rolls and dips
Lunch	Chicken stir fry and noodles
Side	Red peppers, baby sweetcorn
Side	Rice and prawn crackers
Dessert	Jelly and fruit
Afternoon Tea	Baked potatoes with cheese, tuna and beans
Dessert	Fruit