

Rebecca Cheetham Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	 Salmon Fish Wrap	Greek Style Souvlaki Chicken	Roast Chicken & Yorkshire Pudding	Spaghetti Bolognese	 White Fish Bake
Vegetarian	 Veggie Sausage Pasta	Juniper Pizza	 Quorn & Sweet Potato Curry	Spanish Omelette	Feta, Pepper & Spinach Whirl
Carb Choice	Baby Potatoes	 Herby Diced Potatoes	Roast Potatoes	Mashed Potatoes	 Chips
Vegetable Choice	Sweetcorn Fresh Broccoli	Peas Mixed Veg	Organic Carrots Green Beans 	Mini Corn on the Cob Carrots	Garden Peas Baked Beans
Dessert	Fruit Platter & Strawberry Yoghurt	Apple Crumble Cookie	Rainbow Cheesecake	Marble Cake & Custard	Fruit Jelly & Ice Cream
Daily Options	Fresh Fruit Platter / Organic Yoghurt  / Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons tossed in olive oil and black pepper	Tuna sandwiches served with fresh salad tossed in lemon juice and olive oil	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip








Rebecca Cheetham Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Meatball Marinara Pasta	Lasagne	Roast Turkey with Stuffing	Hot Dog in Roll	 Fish Coujons
Vegetarian	 Tomato & Basil Pasta	Lemon Lentil Curry	Roast Butternut & Red Onion Wholemeal Tart	 Quorn Hot Dog in a Roll	Veggie Quesadilla
Carb Choice	Focaccia	Focaccia Rice	Roast Potatoes	 Jacket Wedges Rice	Baby Potatoes Rice
Vegetable Choice	Sweetcorn Carrot & Courgette Medley	Broccoli Mixed Vegetables	 Organic Carrots Savoy Cabbage	Garden Peas Baked Beans	Green Beans & Sweet corn
Dessert	Fruit & Frozen Yoghurt	Chocolate & Orange Shortbread	Mango Rice Pudding	Peach Flapjack	Carrot Cake with Cream Cheese Topping
Daily Options	Fresh Fruit Platter / Organic Yoghurt  / Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Easy oven frittata with a fresh salad in olive oil and lemon juice dressing	Vegetable soup with rolls	Fusilli pasta with tuna, cucumber and sweet corn and cheese	Brown rolls with Quorn Hot Dogs and Salad	Salmon salad with bagels

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken & Spring Vegetable Pie	American Meatloaf	Roast Chicken Drumstick & Stuffing	Burger in Brioche Bun	 Battered Fish
Vegetarian	 BBQ Quorn Pasta	Margarita Pizza	Veggie Lasagne	Jacket Potato with Cheese & Beans	 Quorn Toad in the Hole
Carb Choice	New Potatoes	Mashed Potatoes	Roast Potatoes 	 Potato Wedges	 Chips Rice
Vegetable Choice	Mixed Vegetables Roast Veg	Mini Corn on the Cob Green Beans	Organic Carrots Broccoli	Baked Beans Jamaican Slaw	Sweetcorn Garden Peas
Dessert	Fruit Salad with Frozen Yoghurt	Tropical Fruit Crumble with Ice Cream	Summer Fruit Trifle	Banana Cake and Custard	Ice Cream Sponge with Fruit
Daily Options	Fresh Fruit Platter / Organic Yoghurt  Cheese & Biscuits / Homemade Bread				

Tea menu (4-4.30pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Fish fingers with baked beans and wholemeal bread	Carrot and coriander with French bread	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Scrambled eggs and salad with wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks with raita dip