



## IONA DAY NURSERY & SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>				
Lentil bolognaise and pasta	Vegetable chilli with rice	Jacket potato Cheese beans and salad	Pizza with peas and sweetcorn	Oven baked vegetable risotto with carrots and broccoli
Lemon sponge and custard or fresh fruit	Cookie biscuits or fresh fruit	Fresh fruit with yoghurt	Jelly or fresh fruit	Double chocolate sponge with custard or fresh fruit
<b>WEEK 2</b>				
Cheesy pasta bake with carrots and broccoli	Vegetable curry with rice	Jacket potato Cheese beans and salad	Vegetable burger in a bun with carrot cucumber sticks and hummus	Meat free sausages with cauliflower cheese bake and carrots
Fresh fruit salad with yoghurt	Carrot cake or fresh fruit	Jelly or fresh fruit	Jam coconut sponge and custard or fresh fruit	Cookie biscuits or fresh fruit
<b>WEEK 3</b>				
Tomato pasta bake with carrots and broccoli	Vegetable chilli with rice	Jacket potato Cheese beans and salad	Vegetable cottage pie with carrots and broccoli	Vegetable enchiladas with salad
Chocolate chip sponge and custard or fresh fruit	Cookie biscuits or fresh fruit	Fruit salad with yoghurt	Jelly or fresh fruit	Apple crumble and custard or fresh fruit
<b>WEEK 4</b>				
Vegetable lasagne with carrots and broccoli	Vegetable curry with rice	Jacket potato Cheese beans and salad	Spicy meat free sausage casserole with rice	Omelette with new potatoes and salad
Fresh fruit salad and yoghurt	Flapjack or fresh fruit	Jelly or fresh fruit	Carrot cake or fresh fruit	Sponge cake and custard or Fresh fruit