

FOUNDATION MENU

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Pasta with Tomato Sauce	Chicken Lasagne	Beef Stew	Toad in the Hole	Salmon Fish Fingers
SIDES	Broccoli	Garlic Bread Sweetcorn	Mashed Potato Peas	Roast Potatoes Carrot & Swede Mash	Chips Courgettes
DESSERTS PLUS DAILY FRESH FRUIT	Irish Apple Cake & Custard	Homemade Yoghurt with Fruit Coulis	Blueberry and White chocolate sponge	Apple & Blackberry Crumble Pots	Chocolate Shortbread

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Baked Potato with Tuna or Cheese	Minced Beef Cumberland Pie	Pasta with Cheese Sauce	Roast Gammon	Cod Fish Fingers
SIDES	Baked Beans Green Beans	New Potatoes Broccoli	Sweetcorn	Roast Potatoes Carrots	Chips Sweetcorn
DESSERTS PLUS DAILY FRESH FRUIT	Banana Toffee Pudding	Chocolate & Strawberry Roulade	Treacle Tart	Chocolate & Orange Brownies	Homemade Yoghurt with Fruit Coulis

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	Pasta with Tomato Sauce	Sticky Chicken Fillets	Turkey Bake	Roast Pork	Scampi
SIDES	Sweetcorn	Roast New Potatoes Broccoli	Mashed Potatoes Carrots	Roast Potatoes Roast Root Vegetables	Chips Peas
DESSERTS PLUS DAILY FRESH FRUIT	Marble Cake	Caramel Apple Upside Down Pudding	Vanilla Sponge with Chocolate Layers	Homemade Yoghurt with Fruit Coulis	Pear Tarte Tatin