

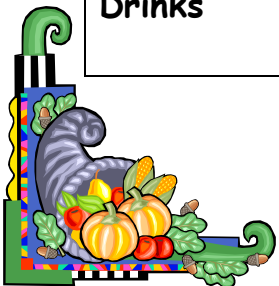


Healthy Dinners at Castle Wood School

Week 1



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Sausage Yorks. Pudding	Salmon Fish cake	Roast Turkey	Minced beef & onion pie	Battered cod
Veg	Macaroni Cheese & Garlic Bread	Baked Potato & Choice of fillings	Quorn Roast	Tomato & Mascapone Pasta Bake & Garlic Bread	Chicago town pizza
Pudding	Frozen Sorbet	Apple & Summer fruit crumble & Custard	Iced St Clements Sponge	Banana Muffin	Chocolate fudge cake
Either					
/or	cheese spread & Crackers	cheese spread & Crackers	cheese spread & Crackers	cheese spread & Crackers	cheese spread & Crackers
/or	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
/or	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Drinks	juice, milk or water	juice, milk or water	juice, milk or water	juice, milk or water	juice, milk or water





Healthy Dinners at Castle Wood School

Week 2



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cottage Pie	Chicken Tikka Masala	Roast Chicken	Chicken Tomato & Basil Pasta bake & Garlic Bread	Fish Fingers
Veg	Veg Ball & Bolognese Garlic Bread	Baked Potato & Choice of fillings	Quorn Sausage & onions	Quorn Balti & Naan Bread	Cheese & Pepper roll
Pudding	Pear & Chocolate Sponge	Peach Crumble & Custard	Honey hob nob	Apple Pie & Custard	Carrot Cake
Either	Chocolate custard				
/or	cheese spread & crackers	cheese spread & crackers	cheese spread & crackers	cheese spread & crackers	cheese spread & crackers
/or	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
/or	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Drinks	juice, milk or water	juice, milk or water	juice, milk or water	juice, milk or water	juice, milk or water

