

# Sample menus

We understand the importance of good nutrition for growing, active children. But we also know that they can be fussy little darlings. So, over the course of many years' feeding large groups of children of all ages, we've come up with a set of menus which satisfy them and their parents. Here's a sample of our menus, all home cooked:

## **Breakfast**

Choice of cereals

Yoghurt

Fruit

Toast & condiments

Juice

Hot filled roll with fried egg/bacon/sausage/vegetarian option

Beans and toast

## **Packed lunch**

White or brown bread sandwich with choice of fillings (egg, cheese, salad, tuna and meat)

1 piece of fruit

1 biscuit

## **In house lunch**

Home made soup (lentil, chunky veg, tomato) plus packed lunch

## **Dinner**

In spring and autumn a cup of home made soup to start

Chicken and vegetable pie with mashed potato and green beans

Ice cream and fruit salad

Beef and vegetarian lasagne, salad, garlic bread

Mixed fruit yoghurts

Vegetarian and pepperoni pizza, potato wedges and green salad

Fruit crumble and custard

Burgers and veggie burgers in bun with cheese, beans, baked potato and green salad

Choc ice

## **Supper**

Hot chocolate and home made cake

