## EYFS and KS1

FEEDING INDEPENDENT MINDS

100

W/C 19 September 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITES Y	Bank Holiday	Carrot	Pepper and carrot	Cucumber and carrot	Cucumber
MAIN PLANT BASED 🌾	Bank Holiday	Plant Based Mild sweet potato, chickpea and spinach curry	Plant Based Vegetable wellington	Plant Based Macaroni cheese	Plant Based Stonebaked margarita pizza
HOT MAIN MEAL	Bank Holiday	Mild chicken and coconut curry	Braised beef brisket and yorkshire pudding	Deep filled lamb lasagne	Oven baked fishfingers
ON THE SIDE 🇸	Bank Holiday	Steamed rice	Roast Potatoes	House baked garlic and herb bread	Chunky chips
ON THE SIDE 🏏	Bank Holiday	Cauliflower and sweetcorn	Brocolli and carrots	Seasonal vegetables	Steamed vegetables
SPUDS / PASTA BAR V	Bank Holiday	Jacket Potato	Pasta of the day	Jacket Potato	Pasta of the day
ADD ON 🏏	Bank Holiday	Baked Beans	Tomato Sauce	Baked Beans	Tomato Sauce
ADD ON	Bank Holiday	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese
DESSERT	Bank Holiday	Lemon drizzle	Jelly	Flapjack	Chocolate and orange cake
FOUNDED IN 1997 HOLROYD HOWE					PLANT BASED 🏏