

YUM YUM

Nutritious School Lunches

Menu Spring Term 2022

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Week 1:

Monday

Penne with roast tomato and aubergine cheese bake

(SI: tomatoes, aubergine, Carrot, courgette)

Fresh fruit

Tuesday

Moroccan chicken tagine with rice

(SI: pumpkin and sweet potato, carrots)

Fresh fruit

Wednesday

Home-made mini beef patties, mashed potatoes, buttered green beans and peas

Fresh fruit

Thursday

Chicken Meatballs and spaghetti in Tomato and vegetable sauce

(SI: Carrots, leeks, red peppers and mushrooms)

Fresh Fruit

Friday

Battered fish goujons, roast potatoes and buttered peas and carrots

Yogurt

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Week 2:

Monday

Penne with roast tomato and aubergine cheese bake
(SI: Tomatoes, aubergine, carrots, courgette)
Fresh fruit

Tuesday

Breaded chicken, roast potato, peas and buttered carrots
Fresh fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites

- Spaghetti bolognese
- Chicken curry
- Chicken pie with mashed potato and steamed vegetables

Fresh fruit

Thursday

Chicken and vegetable noodle stir-fry
OR chicken, vegetable and rice stir-fry for nursery and reception
(courgette, broccoli, sweetcorn, peppers, carrot)
Fresh fruit

Friday

Battered fish goujons with mashed potatoes and buttered carrots and sweetcorn
Yogurt or zero sugar jelly with fresh fruit

Fresh fruit this term:

Mandarin, apple, pineapple, melon

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Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine

Mozzarella cheese bake

(SI: tomatoes, aubergine, Carrot and courgette)

Fresh fruit

Tuesday

Vegetable tajin with rice

(SI: Split lentils)

Fresh fruit

Wednesday

Veggie pakoras, mashed potatoes, peas and buttered carrots

Fresh fruit

Thursday

Vegetarian no-meat-balls in tomato with spaghetti

(SI: Carrots, leeks, red peppers and mushrooms)

Fresh fruit

Friday

Courgette, chickpea and cheddar fritters, homemade oven chips and buttered peas and carrots

Yogurt or zero sugar jelly with Fresh fruit

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Week 2 (vegetarian):

Monday

Penne with roast tomato and aubergine cheese bake
(SI: tomatoes, aubergine, Carrot, courgette)

(SI: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Breaded vegetables with roast potatoes
Fresh Fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.
Fresh fruit

Thursday

Vegetable noodle stir-fry
OR chicken, vegetable and rice stir-fry for nursery and reception
(courgette, broccoli, sweetcorn, peppers, carrot)
Fresh fruit

Friday

Battered marinated tofu or courgette OR cheddar courgette fritters with home-made oven chips, carrots and sweetcorn
Yogurt or zero sugar jelly with Fresh fruit

