

Spring Term 2018 Menu

Day	Grain	Snack	Lunch
Monday	Rice and Oats	Rice cakes, humous and fruit/vegetable selection Milk/oat milk/water to drink.	Vegetable and chickpea curry with wholegrain rice. Fruit crumble and custard. Water to drink
Tuesday	Barley	Porridge, fruit selection Milk/oat milk/water to drink.	Vegetable, Pearl barley and lentil soup with bread roll. Barley buns. Water to drink
Wednesday	Millet	Bread sticks with guacamole dip. Fruit and vegetable selection. Milk/oat milk/water to drink.	Vegan quiche, millet and quinoa salad. Millet flour scones with fruit. Water to drink
Thursday	Rye	Rye crackers and soft cheese/vegan cheese spread. Fruit and vegetable selection Milk/oat milk/water to drink.	Rye flour vegetable and bean lasagne. Yoghurt and fruit. Water to drink