

ecd menu

week 1

Normal Menu

week 1 starting January 18th, Feb 1st & 16th, March 1st & 15th

| monday | tuesday | wednesday | thursday | friday |
|---|---|--|--|---|
| GRILLED CHICKEN STRIPS SERVED WITH PASTA, CREAMY SAUCE & CHEESE | BEEF & BEAN BOLOGNAISE SERVED WITH BASMATI RICE | ROAST CHICKEN DRUMSTICK SERVED WITH CREAMY MASHED POTATOES | PASTA SERVED WITH HOMEMADE MEATBALLS & A HOMEMADE TOMATO BASIL SAUCE | FRIED CALAMARI SERVED WITH SAVOURY RICE |
| CUCUMBER & TOMATO | PEAS & CARROTS | BROCCOLI & CORN | YOGHURT | STEAMED MIXED VEGETABLES |

All meals are served with fresh fruit

week 1 starting January 25th, Feb 8th & 22nd, March 8th

week 2

| monday | tuesday | wednesday | thursday | friday |
|--|-----------------------------------|--|---|---|
| GRILLED CHICKEN FILLET SERVED WITH SWEET POTATO MASH & CRUNCHY CHICKPEAS | CALAMARI SERVED WITH BASMATI RICE | GRILLED CHEESE TOASTIE ON WHOLEWHEAT BREAD SERVED WITH HERBED CRUNCHY POTATOES | PASTA SERVED WITH MIXED ROASTED VEGETABLES & LENTILS IN A HOMEMADE TOMATO SAUCE | HOMEMADE BEEF BURGER SERVED WITH FRENCH FRIES |
| YOGHURT | PEAS & CARROTS | CUCUMBER & TOMATO | YOGHURT | CHEESE CUBED & CARROTS |

ecd menu

week 1

Vegetarian Menu

week 1 starting January 18th, Feb 1st & 16th, March 1st & 15th

| monday | tuesday | wednesday | thursday | friday |
|---|---|---|---|---|
| BAKED BUTTERNUT & BROCCOLI SERVED WITH PASTA, TOMATO SAUCE & CHEESE | VEGETARIAN MINCE & BEAN BOLOGNAISE SERVED WITH BASMATI RICE | VEGETARIAN SAUSAGE SERVED WITH CREAMY MASHED POTATOES | PASTA SERVED WITH TOMATO & CHOPPED COURGETTES & A HOMEMADE TOMATO BASIL SAUCE | FRIED CALAMARI SERVED WITH SAVOURY RICE |
| CUCUMBER & TOMATO | PEAS & CARROTS | BROCCOLI & CORN | YOGHURT | STEAMED MIXED VEGETABLES |

All meals are served with fresh fruit

week 1 starting January 25th, Feb 8th & 22nd, March 8th

week 2

| monday | tuesday | wednesday | thursday | friday |
|--|-----------------------------------|--|---|---|
| VEGETARIAN MINCE SERVED WITH SWEET POTATO MASH & CRUNCHY CHICKPEAS | CALAMARI SERVED WITH BASMATI RICE | GRILLED CHEESE TOASTIE ON WHOLEWHEAT BREAD SERVED WITH HERBED CRUNCHY POTATOES | PASTA SERVED WITH MIXED ROASTED VEGETABLES & LENTILS IN A HOMEMADE TOMATO SAUCE | VEGETARIAN PATTIE BURGER SERVED WITH FRENCH FRIES |
| YOGHURT | PEAS & CARROTS | CUCUMBER & TOMATO | YOGHURT | CHEESE CUBED & CARROTS |

school menu

week 1 **Gluten free Menu**

week 1 starting January 18th, Feb 1st & 16th, March 1st & 15th

| monday | tuesday | wednesday | thursday | friday |
|---|---|--|--|---|
| GRILLED CHICKEN STRIPS SERVED WITH GLUTEN FREE PASTA, CREAMY SAUCE & CHEESE | BEEF & BEAN BOLOGNAISE SERVED WITH BASMATI RICE | ROAST CHICKEN DRUMSTICK SERVED WITH CREAMY MASHED POTATOES | GLUTEN FREE PASTA SERVED WITH HOMEMADE MEATBALLS & A HOMEMADE TOMATO BASIL SAUCE | GRILLED CALAMARI SERVED WITH SAVOURY RICE |
| CUCUMBER & TOMATO | PEAS & CARROTS | BROCCOLI & CORN | YOGHURT | STEAMED MIXED VEGETABLES |

All meals are served with fresh fruit

week 1 starting January 25th, Feb 8th & 22nd, March 8th

week 2

| monday | tuesday | wednesday | thursday | friday |
|--|-----------------------------------|---|---|---|
| GRILLED CHICKEN FILLET SERVED WITH SWEET POTATO MASH & CRUNCHY CHICKPEAS | CALAMARI SERVED WITH BASMATI RICE | GRILLED CHEESE TOASTIE ON GLUTEN FREE BREAD SERVED WITH HERBED CRUNCHY POTATOES | GLUTEN FREE PASTA SERVED WITH MIXED ROASTED VEGETABLES & LENTILS IN A HOMEMADE TOMATO SAUCE | HOMEMADE BEEF BURGER SERVED ON A GLUTEN FREE BUN & FRENCH FRIES |
| YOGHURT | PEAS & CARROTS | CUCUMBER & TOMATO | YOGHURT | CHEESE CUBED & CARROTS |