Thomas Coram Centre and Nursery School



Week 1 and 3	Lunch	Tea
Monday	Spaghetti Bolognaise	Baked Potato and Cheese Pie
	Vegetable Mince Bolognaise	
	Yoghurt	Fresh fruit
Tuesday	Ratatouille	Vegetable Burgers
	Rice, Grated Cheese,	Cucumber and tomato salad
	Sweetcorn	Fresh fruit
	Fruit platter	
Wednesday	Roast Chicken	Butter Bean Dip
	Quorn Roast	Pitta Bread
	Potatoes, Carrots	Carrot and Pepper Sticks
	Banana custard	Fresh fruit
Thursday	Pasta Bake in Basil and	Lentil and Sweet Potato
	Tomato Sauce	Soup
	Mixed Vegetables	Wholemeal bread
	Carrot cake	Fresh fruit
Friday	Fish and Sweetcorn Pie	Mexican Bean and Cheese
	Vegetable Pie	Wrap
	Peaches in fruit juice, vanilla	Fresh fruit
	ice cream	
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Week 2 and 4	Lunch	Tea
Week 2 and 4 Monday		Baked Potato
-	Lunch Chicken Korma Chickpea Korma	Baked Potato Beans, Cheese
-	Lunch Chicken Korma Chickpea Korma Rice	Baked Potato Beans, Cheese Salad
-	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit	Baked Potato Beans, Cheese Salad Fresh fruit
-	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and
Monday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup
Monday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread
Monday Tuesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup
Monday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette
Monday Tuesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad
Monday Tuesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette
Monday Tuesday Wednesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit
Monday Tuesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt Chickpea & Vegetable Biryani	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit Courgette and Tuna Pasta
Monday Tuesday Wednesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt Chickpea & Vegetable Biryani Black Eye Bean Biryani	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit Courgette and Tuna Pasta Cheese Pasta
Monday Tuesday Wednesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt Chickpea & Vegetable Biryani Black Eye Bean Biryani Banana Custard	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit Courgette and Tuna Pasta Cheese Pasta Fresh fruit
Monday Tuesday Wednesday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt Chickpea & Vegetable Biryani Black Eye Bean Biryani	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit Courgette and Tuna Pasta Cheese Pasta Fresh fruit Pizza with Various Toppings
Monday Tuesday Wednesday Thursday	Lunch Chicken Korma Chickpea Korma Rice Fresh Fruit Mixed Bean and Root Vegetable Stew Herby Couscous/ Rice Apple Crumble and Custard Sardine Spaghetti Vegetable Spaghetti Broccoli Yoghurt Chickpea & Vegetable Biryani Black Eye Bean Biryani Banana Custard	Baked Potato Beans, Cheese Salad Fresh fruit Parsnip Butter Bean and Apple Soup Wholemeal bread Fresh fruit Savoury Omelette Salad Fresh fruit Courgette and Tuna Pasta Cheese Pasta Fresh fruit

All lunch meals are served with wholemeal bread, salad and water to drink