



WEEK 4

Monday

Lunch- Spaghetti bolognese with garlic bread
Pudding- Eton mess

Dinner- Pitta's with a variety of fillings and veg sticks
Pudding- Strawberries and ice-cream

Tuesday

Lunch- Sweet and sour chicken stir fry with egg fried rice
Pudding- Bananas and custard



Dinner- Pizza muffins and veg sticks
Pudding- Fruit salad

Wednesday

Lunch- Toad in the hole with mash potato and vegetables
Pudding- Lemon cake

Dinner- Variety of sandwiches and veg sticks
Pudding- Fruit salad and natural yogurt

Thursday

Lunch- Hunters chicken, sweet potato wedges and corn
Pudding- Jelly with ice-cream

Dinner- Ploughman's with crackers and veg sticks
Pudding- Yogurt

Friday

Lunch- Meatball pasta bake with salad
Pudding- Vanilla sponge and custard



Dinner- Wraps with a variety of fillings and veg sticks
Pudding- Fruit



WEEK 3

Monday

Lunch- Spaghetti carbonara and garlic bread
Pudding- Arctic roll

Dinner - Beans on toast
Pudding- Fruit salad

Tuesday

Lunch- Moroccan lamb balls with couscous and vegetables
Pudding- Chocolate cake and custard

Dinner- Variety of sandwiches and veg sticks
Pudding- Fruit salad and yogurt

Wednesday

Lunch- Fish pie and vegetables
Pudding- Fruit flapjack

Dinner- Wraps with a variety of fillings and veg sticks
Pudding- Summer fruit trifle

Thursday

Lunch- Chicken, cheese and tomato pasta bake
Pudding- Lemon cheesecake

Dinner- Pitta's with a variety of fillings and veg sticks
Pudding- Melon

Friday

Lunch- Chilli con carne and rice with tacos, under 2's baked wrap
Pudding- Fruit salad and ice-cream

Dinner- Variety of sandwiches and veg sticks
Pudding- Banana cake



WEEK 2

Monday

Lunch- Italian sausage orzo in a tomato and vegetable sauce

 Pudding- Fruit salad and natural yogurt with honey

Dinner- Crumpets with a variety of spreads, veg sticks and cheese

 Pudding- Banana muffins

Tuesday

Lunch- Chicken, chorizo and rice with corn on the cob

 Pudding- Jelly and Ice-cream

Dinner- Pitta's with a variety of fillings and veg sticks

 Pudding- Watermelon

Wednesday

Lunch- Shepherds pie and vegetables

 Pudding- Blueberry muffins

Dinner- Wraps with a variety of fillings and veg sticks

 Pudding- Fruit salad

Thursday

Lunch- Roast chicken, mash potato and vegetables

 Pudding- Bananas and custard

Dinner- Variety of sandwiches and vegetable sticks

 Pudding- Fruit flapjack

Friday

Lunch- Beef burger, wedges and corn on the cob.

Under 2's - Meatballs in tomato sauce, wedges and corn on cob

 Pudding- Trifle

Dinner- Beans on toast

 Pudding- Fruit salad





WEEK 1

Monday

Lunch- Cheese and tomato pasta bake with vegetables

Pudding- Strawberries and ice-cream

Dinner- Ploughman's with crackers and veg sticks

Pudding- Yoghurt

Tuesday

Lunch- Fish with cheese sauce, roasted new potatoes and vegetables

Pudding- Vanilla cheesecake

Dinner- Wraps with a variety of fillings and veg sticks

Pudding- Fruit salad

Wednesday

Lunch- Gammon roast, parsnip potato mash and vegetables

Pudding- Summer fruit salad

Dinner- Variety of sandwiches and veg sticks

Pudding- Flapjack

Thursday

Lunch- Lasagne, cucumber, tomatoes and garlic bread

Pudding- Yogurt and fruit compote

Dinner- Savoury pin wheels and veg sticks or baked beans

Pudding- Carrot cake

Friday

Lunch- Chicken tikka curry, rice and popadoms

Pudding- Brownies and ice-cream

Dinner- Cheese and tomato muffin pizzas with vegetable sticks

Pudding- Fruit





Whats on the menu?

Here at Puddleducks we work hard to create a balanced diet whilst keeping it as scrumptious as possible.

Here are just a few things we pride ourselves on..

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- Our Cook is fully qualified in food and hygiene
 - Everything is prepared and cooked on site.
 - All our lunches are prepared from scratch.
 - We don't use salt instead we use herbs to add flavour
 - Vegetables are blended into our sauces to give that extra nutritional goodness, without them knowing!
 - Locally sourced produce is used
 - We cater for all allergies and dietary requirements
 - Morning and afternoon snacks will always contain fruit or veg.
 - Cakes are made from sweetener instead of sugar for a healthier alternative.
 - Food is baked and not fried.
 - Vegetables are steamed to hold their nutritional value goodness
 - Water is available throughout the day for the children to help themselves.