

DVLA MENU 2017

Week 1	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Homemade Vegetable & Tomato pasta bake Garlic Bread Slice	Strawberries and ice cream	Bagels with cream cheese, red pepper, cucumber batons and melon slices	Apples
Tuesday	Porridge and mixed berry compote	Poached chicken breast Boiled potatoes Carrots	Rice pudding and peaches	Ham sandwiches, tomato slices and satsuma segments	Pears
Wednesday	Toast and Banana and milk	Mild fruit & chicken korma Rice	Orange jelly	Carrot and pepper batons pitta bread with dips and fromage frais	Orange wedges
Thursday	Cereal	Traditional cawl Crusty bread	Apples and pears	Tuna rolls with cucumber slices and melon	Banana
Friday	Weetabix with banana	Ocean fish pie Garden peas	Yoghurt pot	Chicken and lettuce wraps with apple slices	Melon

Week 2	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Sausage casserole New potatoes	Pear and pineapple slices	Chicken and sweetcorn sandwiches with apple slices	Banana
Tuesday	Vegemite on toast and milk	Chicken & vegetable noodle soup (dairy free noodles)	Banana cake & custard	Salmon on crisp bread with cucumber slices and carrot batons	Melon
Wednesday	Pancakes, apple slices and milk	Poached chicken breast with tomato sauce Jacket wedges	Fruit fool	Bagels with cream cheese, peppers, cucumber batons and melon slices	Pears
Thursday	Toast and banana	Salmon pasta bake Peas & sweetcorn	Strawberry jelly & fruit	Ham and lettuce wraps and strawberry slices	Apples
Friday	Porridge and mixed berry compote	Bubble & squeak Steamed carrots	Melon cocktail	Cheese rolls with coleslaw and tomato slices and fromage frais	Orange wedges

Week 3	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Cauliflower, broccoli and tuna pasta bake	Mixed fruit salad	Crusty Bread with Pate cucumber	Orange wedges
Tuesday	Croissant and banana Milk	Salmon fishcakes served with tomato sauce, Sliced green beans & cauliflower	Jam sponge	Rice cakes, chicken, carrots and yogurt	Apples
Wednesday	Natural Yogurt and peaches	Traditional cottage pie Garden peas	Fruit yoghurt	Turkey sandwiches and apples	Melon
Thursday	Weetabix	Sweet & sour chicken and rice Raw carrot batons	Peaches & ice cream	Crackers with cheese slices, ham and tomatoes	Banana
Friday	Cereal	Squash, lentil & bean hotpot Crusty bread	Carrot cake	Pita breads, dips, peppers and carrot	Pears

Week 4	Breakfast	Lunch	Dessert	Tea	Fruit snack
Monday	Cereal	Beef & tomato stew Mashed potato	Fruit yoghurt	Pizza muffins, with cucumber/ apples	Melon
Tuesday	Toast with banana and milk	Vegetable Bolognese Garlic bread	Chocolate sponge	Crackers cheese spread, melon/ oranges	Orange wedges
Wednesday	Pancakes with pear and milk	Cheesy tuna & potato pie Baked beans	Jelly & fruit	Crusty bread with butter, ham and cucumber	Apples
Thursday	Natural yogurt with mixed berry compote	Roast turkey & gravy Roast potatoes Steamed broccoli	Strawberry mousse	Chicken sandwiches, tomatoes and yogurt	Pears
Friday	Cereal	Chicken & leek soup Rustic bread	Fruit cocktail	Tuna crème fraiche sandwiches with peppers	Banana