



Week 4

Breakfast

Selection of cereals including Weetabix, Cornflakes, multigrain hoops and shreddies with toasted bread, bagels, muffins or bread.

Snack

Selection of fresh fruit or vegetable sticks alongside a carb of choice (Breadstick, crispbread, cracker or pitta bread)

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

Creamy tuna pasta
bake

Roast of the day
with all the trimmings

Vegetable fried
rice

Minted lamb hot pot
with mixed vegetables

International food tasting
day

Vegetarian

As above (DF)

Quorn roast joint with
all the trimmings

As above

Quorn lamb hotpot
with mixed vegetables

As above but vegetarian
option

Pudding

Melon boats and
blueberries

Rice pudding with stewed plums

Natural yoghurt and fruit cookie

Spotted dog with
custard

International pudding

Tea

Cheese and ham platter
with crusty bread

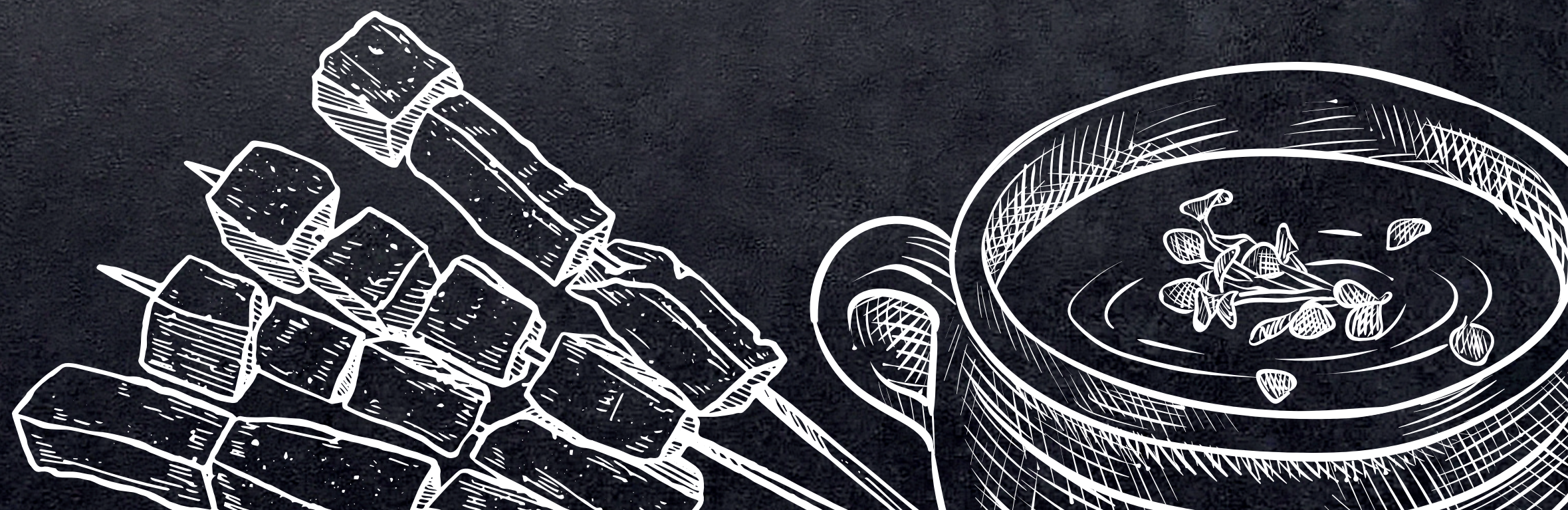
Crunchy jeweled pasta
salad

Pate and toast bites

Sweet potato and butternut
squash soup with croutons

International Tea

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Week 3



Breakfast

Selection of cereals including Weetabix, Cornflakes, multigrain hoops and shreddies with toasted bread, bagels, muffins or bread.

Snack

Selection of fresh fruit or vegetable sticks alongside a carb of choice (Breadstick, crispbread, cracker or pitta bread)

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

Chicken enchiladas with mixed bean salad

Baked macaroni cheese with cherry tomatoes and fresh garlic bread

Swedish meatballs and mash with a side of mixed veg

Beef Rogan Josh with fluffy white rice

Fish goujons, chips, and peas with homemade tartar sauce

Vegetarian

Quorn chicken enchiladas with a mixed bean salad

As above

Vegan meatballs and mash with a side of mixed veg

Quorn Beef Rogan Josh with fluffy white rice

Fishless fish fingers, chips and peas with homemade tartar sauce

Pudding

Lemon sponge cake with lemon sauce

Sunshine fruit Salad

Shortbread with a raspberry coulee

Peaches and Bananas

Scones with strawberries and cream

Tea

Scrambled eggs on toast

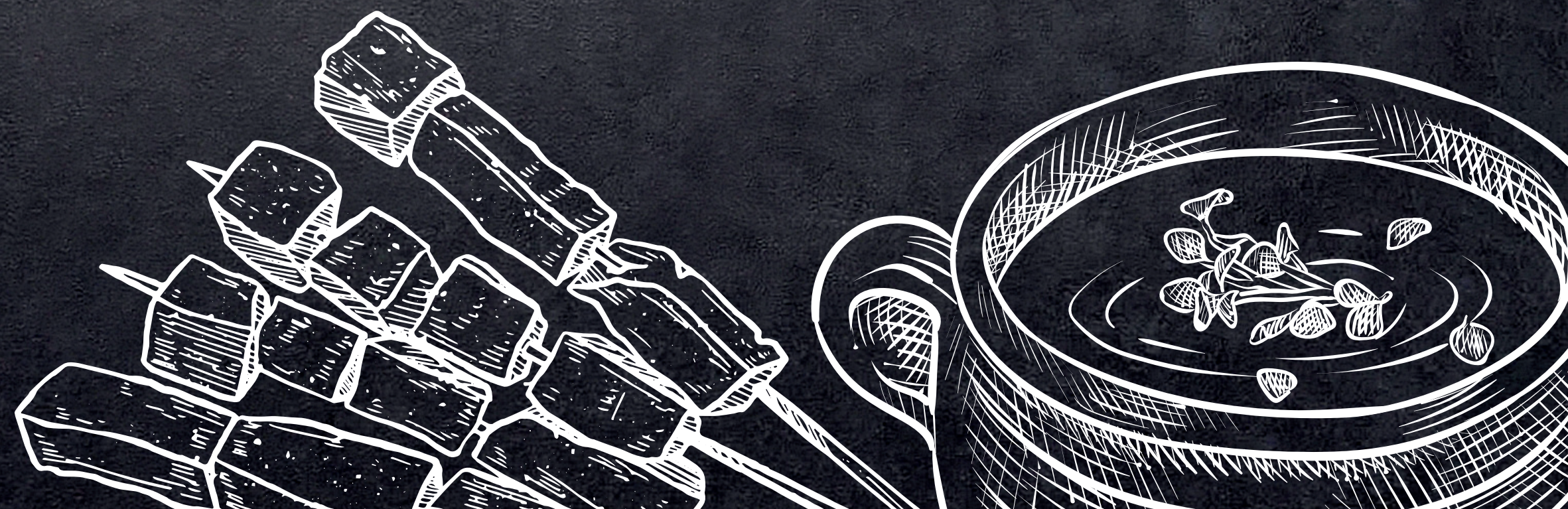
Cheese and chive swirls with carrot and peppers

Potato wedges with baked beans

Soft cheese and marmite bagels

Halloumi skewers with Mediterranean roasted vegetables

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Week 2



Breakfast

Selection of cereals including Weetabix, Cornflakes, multigrain hoops and shreddies with toasted bread, bagels, muffins or bread.

Snack

Selection of fresh fruit or vegetable sticks alongside a carb of choice (Breadstick, crispbread, cracker or pitta bread)

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

Mushroom stroganoff with mixed vegetable rice

Rustic beef and vegetable lasagna with parmesan crisps

Traditional fish pie with a side of green beans

Chicken and stuffing bake with a side of root vegetables

Gammon in onion sauce with saute potatoes and broad beans

Vegetarian

As above

Quorn beef and vegetable lasagna with parmesan crisps

Fishless fish pie with a side of green beans

Quorn chicken and stuffing bake with a side of root vegetables

Sliced vegan roast roll with saute potatoes and broad beans

Pudding

Pineapple and orange slices

Cherry cheesecake

Melon Medley

Nectarine slices with natural yoghurt

Homemade apple strudel and custard

Tea

Rabbit patch soup of the day with fresh white rolls

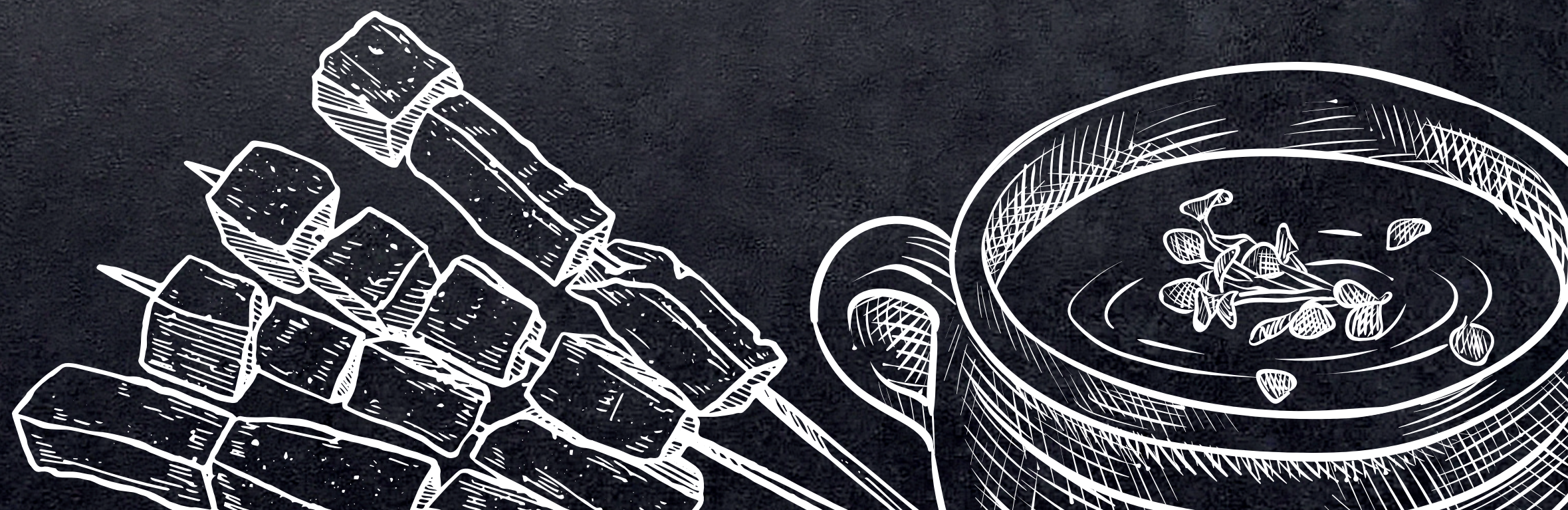
Homemade sausage rolls with cucumber sticks

Sandwich selection served with a side of salad

Selection of pizzas with vegetable sticks

Cheese and ham toasties

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Week 1



Breakfast

Selection of cereals including Weetabix, Cornflakes, multigrain hoops and shreddies with toasted bread, bagels, muffins or bread.

Snack

Selection of fresh fruit or vegetable sticks alongside a carb of choice (Breadstick, crispbread, cracker or pitta bread)

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

Tuscan style sausage pasta with fresh garlic bread Chicken, leek and bacon pie with mash and seasonal veg

Pork goulash with sweet potato wedges

Sweet and sour vegetables with rice noodles

Cumberland pie with seasonal vegetables

Vegetarian

Tuscan style quorn sausage pasta with fresh garlic bread Quorn chicken and leek pie with mash and seasonal veg

Mushroom goulash with sweet potato wedges

As above

Potato topped quorn pie with mixed vegetables

Pudding

Fresh fruit medley

Melon

Plum crumble with fresh cream

Bananas and custard

Jam sponge

Tea

Cheese scones with vegetable crudettes

Crustless quiche with beetroot and carrot sticks

Pitta bread with a side of houmous and a side salad

Loaded potato skins

Homemade chicken goujons in a salad wrap

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