

Did you know...

Chicken is a good source of lean protein and has the advantage of being very versatile and quick to cook.

Basil can aid digestion easing symptoms of wind, stomach cramps, colic and indigestion

Tuna is a true SuperFood - a good source of vitamins, especially vitamins D and B12. It is also a good source of antioxidant selenium, which helps to protect us against heart disease and cancer. Eating an oily fish like tuna once a week has been shown to reduce heart disease.

Lunch Menu

Freshly Made Each Day. May Be Subject To Change / Availability

Day	2 nd Jan – 6 th Jan 05	9 th Jan – 13 th Jan 05	16 th Jan – 20 th Jan 05	23 rd Jan – 27 th Jan 05
Monday	Jacket Potato with Tuna or Cheese – Fromage Frais	Chicken Noodle Soup – Peaches & Crème Fraiche	Tuna Tortilla Roll-Ups – Creamed Rice & fruit	Macaroni & Cheese – Natural Yoghurt & Fruit
Tuesday	Chicken Pasta Salad – Fruit Cocktail	Chicken Fajitas – Raspberries & Cream	Carrot & Split Pea Soup with Creamed Cheese & Cucumber Sandwiches – Custard & Bananas	Fish Pie – Fresh Fruit Salad
Wednesday	Turkey & Pepper Stir Fry – Scones & Jam	Risotto (Brown Rice) with Lentils, Carrots & Mushrooms – Fresh Fruit Salad	Jacket Potato with Quorn Bolognese & Cheese – Strawberry Delight	Leek & Potato Soup with soft Bread Rolls – Jelly & Fruit
Thursday	Carrot Cheese & Tomato Risotto – Banana Whip & Fruit	Tuna Pasta Bake – Peaches & Crème Fraiche	Cherubs Cod Chowder – Strawberry Jelly & Fruit	Tender Chicken with Fresh Peach and Pasta – Natural Yoghurt & Fresh Fruit
Friday	Penne Bolognese – Custard & Fruit	Tomato Soup, Tuna Mayonnaise Sandwiches – Jelly & Fruit	Spaghetti Carbonara – fresh fruit Salad	Bow Tie Pasta with Salmon & Tomatoes – Creamed Rice

Did you know...

Onions and leeks have a protective action on the circulatory system that helps to prevent your blood clotting. When children eat more and more junk food, fatty deposits in the arteries can now be found even in the youngest children.

Lettuce is rich in vitamins A & C, potassium, calcium and folic acid. The darker the lettuce leaves the more nutrients they contain.

Carrots are rich in antioxidants, which are effective in supporting the body's immune system. One medium carrot will supply a six year old child's daily requirement of vitamin A.

Cats are high in soluble fibre, which helps lower blood cholesterol and also provides lasting energy, keeping hunger pangs at bay.

Mascarpone is an Italian cream cheese that is high in energy and rich in both calcium and vitamin D, both of which are important for building and maintaining strong bones and teeth.

Ginger aids digestion and is also a good remedy for nausea.