

Chrysalis Menu - Week 2

Monday

Creamy Chicken and Sweetcorn Rissoto
Fresh Pineapple and Strawberries

Tea

100% Omega 3 Cod Fish Fingers with Baked Beans
Homemade Apricot and Coconut Muffins

Tuesday

Pasta Primeavera (Pasta, Courgettes, Carrots, Peas, Broccoli, Chopped
Tomatoes and Cream Cheese)
Homemade Rice Pudding

Tea

Assorted Sandwiches with Cherry Tomatoes, Crudities and Pickle
Fresh Grapes and Cheese Cubes

Wednesday

Cottage Pie with Mixed Vegetables
Homemade Carrot Cakes

Tea

Homemade Sardine Pate with Ciabatta Bread
Fromage Frais

Thursday

Roast Pork, Roast Potatoes, Sprouts, Baby Carrots and Gravy
Fresh Fun-size Banana

Tea

Homemade Tomato and Lentil Soup with Croutons
Homemade Sultana Flapjack

Friday

Cod in Parsley Sauce with Mashed Potato and Garden Peas
Assorted Fresh Fruit

Tea

Warm Flat Bread Filled with Mixed Salad Leaves, Salsa and Sliced Meats
Homemade Cookies

"The children are offered a selection of toasted breads with milk or water
during the course of the morning".

"Fruit is always available as an alternative to dessert".

"Milk or water is provided at tea-time."

"Water is available for all children throughout the day".



