OVERBURY
Grasshoppers

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Cheese Cracker	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Oat Cookie
Lunch	Vegetable Curry with Couscous and Broccoli	Chicken Pasta Bake with Sweetcorn	Cottage Pie with Broccoli and Carrots	Chicken, Coconut and Pea Curry with Rice	Fish Cakes with Potatoes, Peas and Beans
Pudding	Homemade Honey Flapjack	Homemade Crumble and Custard	Homemade Apple Cake	Homemade Oat and Apple Cookie	Homemade Lemon and Poppy seed Cake
Tea	Sandwiches with a variety of fillings	Homemade Sausage, Lentil and Vegetable Rolls	Crumpets and Cheese	Homemade Scones, Homemade Jam and Fruit	Homemade Pizza and Cucumber
Second Course	Apple	Orange	Banana	Pear	Satsuma

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Scone	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Homemade Oat Cookie	Fresh Fruit and Fruit Loaf
Lunch	Very Veggie Pasta with Garlic Bread & Corn on the Cob	3 Bean Turkey Chilli with Rice and Broccoli	Chicken and Vegetable Pie with Potatoes and Peas	Pasta Bolognese with Broccoli and Sweetcorn	Fish Fingers with Wedges, Peas and Beans
Pudding	Homemade Lemon and Poppy seed Cake	Yoghurt, Honey and Fruit	Homemade Oat and Apple Cookie	Homemade Apple Cake	Banana and Custard
Tea	Homemade Pizza and Cucumber	Beans on Toast	Tomato Pasta	Sandwiches with a choice of fillings	Wraps with Cheese
Second Course	Pear	Melon	Orange	Apple	Banana

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Houmous, Cucumber, Carrot and Breadstick	Fresh Fruit and Malt Loaf	Grapes, Cheese and Cracker	Fresh Fruit and Homemade biscuit	Fresh Fruit and Rice Cake
Lunch	Superhero Mac and Cheese with Sweetcorn	Lasagne with Garlic Bread and Corn on the Cob	Chicken Curry with Rice and Peas	Sausage Casserole with Potatoes and Broccoli	Fish Pasta Bake with Sweetcorn
Pudding	Homemade Apple Cake	Homemade Oat Cookie	Homemade Lemon and Poppy seed Cake	Fresh Fruit	Jelly and Fresh Fruit
Tea	Bagels with Cheese	Sandwiches with a choice of fillings	Pitta Bread with Ham and Cheese	Homemade Tomato Soup with Bread and Butter	Jacket Potato with Beans
Second Course	Melon	Apple	Satsuma	Banana	Pear

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit and Fruit Loaf	Fresh Fruit and Homemade Biscuit	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrot and Breadstick	Cheese, Grapes and Cracker
Lunch	Vegetable Lasagne with Broccoli and Crispy Potatoes	Chicken Stroganoff with Couscous, Broccoli and Carrots	Meatballs with Pasta and Peas	Chicken, Potatoes, Carrots, Broccoli, Stuffing and Gravy	Coconut Fish Curry with Rice and Sweetcorn
Pudding	Homemade Oat and Apple Cookie	Jelly and Fresh Fruit	Homemade Crumble and Custard	Homemade Lemon and Poppy seed Cake	Homemade Honey Flapjack
Tea	Crumpets with Cheese	Pasta Salad	Sandwiches with a choice of fillings	Wraps with Ham and Cheese	Frittata with Cucumber and Pepper
Second Course	Orange	Banana	Apple	Pear	Melon

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh fruit and Cheese Cracker	Grapes, Cheese and Cracker	Fresh Fruit and Homemade Scone	Fresh Fruit and Rice Cake	Houmous, Cucumber, Carrots and Breadstick
Lunch	Vegetable Pie with Potatoes, Broccoli and Carrots	Butter Chicken with Rice, Naan and Sweetcorn	Sausage, Mash, Peas and Gravy	Beef Stew, Potatoes, Broccoli and Carrots	Salmon Fried Rice
Pudding	Homemade Crumble and Custard	Homemade Lemon and Poppy seed Cake	Yogurt, Honey and Fruit	Homemade Honey Flapjack	Homemade Oat and Apple Cookie
Tea	Tomato Pasta	Pitta with Ham and Cheese	Fruit Loaf with Apple and Orange	Beans on Toast	Sandwiches with a choice of fillings
Second Course	Banana	Pear	Melon	Satsuma	Apple