

Early Years Lunch Menu: Week One



NORTHAMPTON
HIGH SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	A Selection of Cereal & Toast	A Selection of Cereal & Toast	A Selection of Cereal & Toast	A Selection of Cereal & Toast	A Selection of Cereal & Toast
MORNING SNACK	Digestives / Banana	Warm Corn Cobs	Crackers, tomato slices, cream cheese	Fruit Bowl	Toast & Spreads
LUNCH	Chicken or Vegan Meatballs in a rich tomato and basil sauce served with pasta, salad and Garlic bread.	Cod Fishcakes or Vegan Fish Free Fillet New Potatoes Seasonal Veg	Beef or Vegan Keema Curry Steamed Rice Broccoli	Pork or Vegan Sausage Mashed Potato Yorkshire pudding Seasonal Veg	Chicken or Vegan Nuggets Chips Sweetcorn
DESSERT	Oaty Apple Crumble Served with Fresh Custard	Fresh Fruit	Jelly	Fruit Smoothies	Sponge & Custard
AFTERNOON SNACK	Cheese & Cucumber	Crumpets	English Muffins	Toasted Teacakes	Vegetable sticks & Dip
TEA	Jacket Potato, cheese & beans	Sausage Rolls, Spaghetti Hoops, pepper sticks	Pizza, Cucumber	Pasta, Tuna, Cheese	Pitta Bread, Ham, cheese, Salad

Available Daily:

- Vegan and dietary menus always available
- Fresh seasonal fruit, fruit pots and assorted yoghurts

Week Commencing:

- 08/01/24 - 05/02/24
- 04/03/24 - 01/04/24