

January 2023

The colours denote the different food groups to ensure Sticky Fingers children are receiving a balanced, nutritious and tasty menu.

Vegetarian and Vegan alternatives

Fruit & Vegetables

Bread/pasta/rice/potatoes

Meat/eggs/beans/fish

Milk and Dairy

1	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/ Fruit	Drink
Mon	Crackers & butter Carrots & apple Milk/water	Minced-beef chill (tomatoes, courgette, onion, carrot)	Rice Peas	Yoghurt	Fruit bowl/Breadsticks available	Butternut squash & apple soup	Bread fingers Pear	Water
Tues	Homemade Cheese twists Oranges & grapes Milk/water	Tomato & mascarpone pasta	Sweet corn Garlic bread	Ice cream & raisins		Jacket potato & tuna mayonnaise	Orange	Water
Wed	Homemade popcorn Cheese & banana Milk/water	Roast Gammon Quorn roast	Roast potatoes Peas, carrots & pureed parsnips	Raspberry mousse		Vegetable pizza roll ups	Melon	Water
Thu	Oatcakes & butter Cucumber & grapes Milk/water	Sweet & sour chicken (tomato puree, onion, pepper, celery, tomato & pineapple)	Carrots	Mixed fruit & Crumble and custard		Tuna pasta bake	Plums	Water
Fri	Homemade granola bars Grapes & melon Milk/water	Fish pie (broccoli, cheese sauce, mashed potato)	Green beans	Fruit Jelly		Beans & cheese on toast	Apples	Water

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2	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/ Fruit	Drink
Mon	Breadsticks Cucumber & apple Milk/water	Chicken & broccoli pasta bake	Peas	Ice cream & raisins	Fruit bowl/Breadsticks available	Jacket potato, cheese & Beans	Oranges	Water
Tues	Toast & cream cheese Melon & grapes Milk/water	Bacon, cheese & potato pie	Broccoli & carrots	Apple twists & custard		Beans & cheese on toast	Banana	Water
Wed	Rice cakes & butter cheese Plum & pears Milk/water	Fish pie (broccoli, cheese sauce, mashed potato)	Sweetcorn	Yoghurt		Ham, vegetable noodle soup	Apple	Water
Thu	Homemade granola bars Pear & melon Milk/water	Chicken & Vegetable paella	Garlic bread	Carrot cupcakes		Macaroni cheese with ham	Banana	Water
Fri	Homemade Popcorn Cucumber & melon Milk/water	Sausage & bean hotpot (onions, haricot beans, red pepper, carrots)	Peas	Banana custard		Cheese scones, carrot & cucumber sticks	Oranges	Water

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3	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/ Fruit	Drink
Mon	Crumpets & butter Melon & cheese Milk/water	Fish Supreme	Rice Carrots	Yoghurt	Fruit bowl/Breadsticks available	Sausage & mixed bean pasta bake	Apple	Milk/water
Tues	Rice cake & butter Carrots & apple Milk/water	Lean beef cottage pie (onion, courgette, carrot & potato)	Sweetcorn	Mixed fruit & crumble		Vegetable rice (onions, carrots, peas and sweetcorn)	Plums	Milk/water
Wed	Crackers & cream cheese Cucumber & grapes Milk/water	Rigatoni with tomato, basil and mozzarella	Broccoli & Garlic bread	Banana muffins		Ham & cheese roll ups	Oranges	Milk/water
Thu	Homemade granola bars Pear & melon Milk/water	Spaghetti bolognese (courgette, carrots & onion)	Green beans	Raspberry mousse		Homemade sausage rolls and beans	Grapes	Milk/water
Fri	Oat cakes & cheese chunks Melon & banana Milk/water	Pork & apple casserole	Roast potatoes Carrots & peas	Raspberry mousse		Macaroni cheese & ham	Pear	Milk/water

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4	10:00 snack	12:00 Lunch			2:00	4:00 Tea		
		Main course	Side dishes	Pudding		Main course	Side dishes/ Fruit	Drink
Mon	Oatcake & cream cheese Cucumber & melon Milk/water	Spaghetti primavera (Carrot, broccoli & peas)	Garlic bread Sweetcorn	Yoghurt	Fruit bowl/Breadsticks available	Jacket potato with tuna, sweetcorn & mayo	Apple	Milk/water
Tues	Homemade popcorn Orange & grapes Milk/water	Chicken & vegetable mash potato pie	Green beans	Ginger biscuits		Beans & ham on toast	Plums	Milk/water
Wed	Crackers & butter Banana & apple Milk/water	Fish supreme	Rice, Peas	Apple twists & custard		Cheese scones, carrot & cucumber sticks	Orange	Milk/water
Thu	Crumpets Carrots & pear Milk/water	Chicken curry (Onion, carrot, pepper, courgette, yoghurt)	Rice	Dairy ice-cream & bananas		Vegetable pizza roll ups	Grapes	Milk/water
Fri	Homemade cheese twists Pear & apple Milk/water	Vegetable orzo	Garlic bread	Fruit Jelly		Homemade sausage & beans	Melon	Milk/water