



Children First Lunch Menu
 Week commencing 26th February 2018

Monday		
Pepper, tomato and cucumber salad with cottage cheese	Farfalle (little bow pasta) with green beans and basil pesto sauce. Served with grated parmesan cheese	Veg
Tuesday		
Mixed green salad	South African "Bobotie" (curried minced pie with an egg-based topping) served with yellow rice	Beef CH
Wednesday		
Home made carrot and orange soup	Couscous with lentils, chickpeas and courgette. Garnished with pineapple cubes and topped with tomato sauce	Veg
Thursday		
Red and yellow pepper sticks	"Spanakopita" Greek style spinach pie with feta and filo pastry	Veg
Friday		
Carrots and raisin salad	Quesadillas with cheese served with Guacamole and sour cream	Veg