

Children First Association



MENU

Week commencing 21st January 2019

Monday		
Fresh green leaves with tomatoes and olive oil dressing	Mushroom tortellini served with grated cheese	Veg
Tuesday		
Homemade hummus with whole wheat crackers	Typical dutch "stampot" with creamy spinach, diced turkey and mash potatoes	Turkey Germany
Wednesday		
Tomato salad with olive oil and lemon dressing	Homemade fish fingers with baby carrots and mushy peas	Fish MSC Vietnam
Thursday		
Creamy squash soup	Fried rice with egg, courgette, broccoli and green beans	Veg
Friday		
Carrot and pepper sticks	Quesadillas filled with cheese and served with guacamole and homemade ketchup	Veg