

RAINBOW HILL = Hot Dinner Menu



2 nd Sept & 23 rd Sept & 14 th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cauliflower cheese with green beans	Coconut chicken with rice	Vegetable pizzas with baked beans	Tomato spaghetti with parmesan cheese	Fish & chips with peas
Vegetarian Friendly	Cauliflower cheese with green beans	Coconut Quorn chicken with rice	Vegetable pizzas with baked beans	Tomato spaghetti with parmesan cheese	Vegetable fingers & chips with peas
Pudding	Strawberries & melon cubes	Chocolate mousse	Scotch pancakes with syrup	Bananas & custard	Ice cream
9 th Sept & 30 th Sept & 21 st Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheesy vegetable pasta bake	Cottage pie with carrots & peas	Meatballs & spaghetti	Lentil & vegetable casserole with a crusty roll	Roast chicken with carrot & swede mash
Vegetarian Friendly	Cheesy vegetable pasta bake	Quorn cottage pie with carrots & peas	Quorn meatballs & spaghetti	Lentil & vegetable casserole with a crusty roll	Quorn roast with carrot & swede mash
Pudding	Grapes & pineapple sticks	Fromage frais	Rice crispy cakes	Brownie & berries	Greek yogurt
<p>For those children with an allergy or intolerance then we will ensure these are catered for within the meals above where possible, and where this is not possible then a suitable alternative will be provided.</p>					

RAINBOW HILL = Hot Dinner Menu



16 th Sept & 7 th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken with sweet potato wedges & sweetcorn	Lasagna & salad	Sausage pasta bake	Grilled cheese & tomato bagels with salad	Vegetable stir fry & noodles
Vegetarian Friendly	Vegetable nuggets with sweet potato wedges & sweetcorn	Quorn lasagna & salad	Vegetable sausage pasta bake	Grilled cheese & tomato bagels with salad	Vegetable stir fry & noodles
Pudding	Banana boats	Apples & strawberries	Sponge cake	Eton mess	Melon cubes
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