

Sheffield Children's Centre Weekly Menu

Week 1

MAIN			DESSERT	
	MAIN	SIDE	DESSERT	
M	Slow cooked meat and Mediterranean vegetable stew	Crusty homemade bread and butter	Picnic Berry Shortcake	
T	Slow cooked lentil & Mediterranean vegetable stew	Salad bar	Fresh fruit platter	
	Meat & loaded vegetable lasagna	Rosemary & garlic Hasselback potatoes	Apple carrot cake with Greek yogurt	
	Loaded vegetable lasagna	Salad bar	Fresh fruit platter	
W	Battered cod fillets	Triple cooked chips Smashed Peas	Chocolate & Beetroot cake	
	Fishless Fingers	Salad bar	Fresh fruit platter	
T	Chicken Korma with rice	Freshly cooked naan	Pumpkin Oat Cookies	
	Lentil & Vegetable Curry	Salad bar	Fresh fruit platter	
	Beef & Vegetable loaded Ragu	Homemade olive oil and parmesan garlic bread	Avocado Chocolate Pudding	
F	Roasted Vegetable Pasta bake	Salad bar	Fresh fruit platter	

THIS WEEK'S SNACKS

Fruit and vegetable muffin tray surprise

Homemade Zucchini pizza bites

Taralli, Formaggi, Grissini

Olives

Sheffield Children's Weekly Menu

	MAIN	SIDE	DESSERT	
M	Chicken & Vegetable biryani Vegetable biryani	fresh yogurt & mint dip	Vermicelli pudding Fresh fruit platter	THIS WEEK'S SNACKS
T	Baked Sweet Potato with a range of fillings	Salad bar	Homemade mango or berry sorbet	Red lentil Hummus with fresh wholemeal pitta
W	Homemade Shepherds Pie (meatless option available)	Broccoli with garlic Buttery Garlic green beans	Kale Cupcakes with fresh orange	Homemade Tzatziki
T	Creamy garlic chicken Creamy Tuscan vegan 'chicken' Milanese	Creamed Peas and new potatoes Roasted honey carrots	Cucumber Lemon Granita with fresh mint	Salad Selection
F	Homemade fully loaded vegetable pizza	Homemade garlic & mozzarella bread (option to have without mozzarella) Salad bar	Fresh fruit sticks with lime drizzle Fruit and vegetable smoothies	Homemade Pitta pocket

week 3

THIS WEEK'S SNACKS	
Zucchini fritters	
Parmesan broccoli bites	
Roti, chappati, paratha and Puri	
Fresh fruit and salad bar	
SHOPPING LIST	