



The Arnold Centre
for children and families

A Sure Start Children's Centre

MENU

Week 2

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spicy soup with Naan Bread	Chicken dinner	Beef Stew & Dumplings	Cheese, Bacon & Broccoli Pasta Bake	Fish Pie & Peas
*****	*****	*****	*****	*****
Flapjack	Ice Cream Roll	Muffins	Fruit Salad	Lemon Cake

Tea

Salmon & Potato Pie with Broccoli	Sandwich selection with Salad & Tortilla Chips	Sausage, Carrot & Potato Waffles with Spaghetti Hoops	Beef & Vegetable Biryani with Poppadoms	Meatballs, Pasta in Tomato Sauce with Green Beans
*****	*****	*****	*****	*****
Fruit Salad	Chocolate Sponge & Custard	Fromage Frais	Fruit Smoothie & Biscuits	Trifle

Please note this is a VEGETARIAN menu all "meat" products are Quorn