



**The Arnold Centre**  
for children and families

A Sure Start Children's Centre

# MENU

Week 4

## Lunch

| MONDAY                    | TUESDAY                   | WEDNESDAY                                    | THURSDAY                                  | FRIDAY                           |
|---------------------------|---------------------------|--|---|----------------------------------|
| Sausage & Bean Pasta Bake | Meatball Bake & Spaghetti | Salmon, New Potatoes with Peas & White Sauce | Chicken Wraps with Salad & Tortilla Chips | Cottage Pie with Cabbage & Gravy |
| *****                     | *****                     | *****  | *****                                     | *****                            |
| Fruit Salad               | Ice Cream Roll            | Smoothie & Biscuits                          | Rice Pudding & Jam                        | Fromage Frai                     |

## Tea

|                         |                                       |               |                        |  |
|-------------------------|---------------------------------------|---------------|------------------------|--|
| Cheese & Vegetable Bake | Chicken Noodle Soup with Crusty Bread | Chilli & Rice | Fish Pie & Green Beans | Tuna Mayonnaise & Sweetcorn Pasta with Salad |
| *****                   | *****                                 | *****         | *****                  | *****  |
| Yoghurt                 | Chocolate Sponge & Custard            | Fruit Salad   | Jelly & Ice Cream      | Treacle Sponge & Custard                     |

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