



## Menu Ideas

### Starter

Homemade Vegetable Soup served with wholemeal bread  
Sliced Melon and Orange  
Junior Waldorf Salad– cubed cheese, celery and apple  
Corn on the Cob with low fat spread

### Main Courses

Grilled Homemade 100% beef burger, low fat cheddar, on a toasted bun...  
...with a side of cherry tomatoes/ sliced cucumber or apple slices  
Wholemeal spaghetti with homemade meatballs and tomatoes sauce.  
Steamed Irish Salmon, chunky homemade chips and pea puree  
Mini Pitta Bread with grilled chicken, bbq sauce and steamed vegetables  
Grilled lamb kebab with steamed broccoli and mashed potato( gravy / sauce on side)  
Homemade chicken Goujons served with baked potato and baked beans  
Tomato, cheese, pineapple Pizza  
Stir-fry of Chicken, peppers, onions and corn served with boiled noodles...  
...and a sweet and sour sauce

½ portions of ' mom & dads ' main courses available on selected items.

### Desserts

Strawberry Jelly with real fruit or tinned pieces (in natural juice)...  
...served with frozen yogurt  
Fresh Fruit Smoothie  
Homemade berry / apple crumble with oats and raisins with low fat custard  
Fresh Fruit kebab with passion fruit yogurt dip  
Oven baked oat, raisin and chocolate chip cookies