











Educare Rawtenstall Menu

Week Three

	Lunch		Light Tea	
Monday	Cheese & Onion pie with potato wedges & peas Shortbread		Turkey or cheese wraps Fresh fruit	
Tuesday	Chicken, Sweet Potato & Tomato Bake Veggie Bake Bananas & custard		Ham or cheese wholemeal sandwiches Fresh fruit	
Wednesday	Fish, potatoes & peas Vegetable bake Jelly & Ice cream		Beans on wholemeal toast Fresh fruit	
Thursday	Sweet & sour chicken & rice Veggie sweet & sour Yoghurt		Bagels with cream cheese Fresh fruit	
Friday	Sausage Casserole & potatoes Veggie casserole & potatoes Rice Pudding & Jam		Home made pizza Fresh fruit	

- Dishes in green are the Vegetarian alternative
- Babies in our Baby Room will have their own menu depending their stage of weaning