

## Heathy Eating at Always Growing

Here at Always Growing we take healthy eating seriously and are proud of our menu and the range of meals available to the children in our care. Through extensive research and several years of expert tasting by the children, we feel we have a rotating menu that is not only delicious, but also extremely nutritious. We have consulted with a qualified dietician and are constantly keeping up to date with the latest updates in the food world to ensure our food and out kitchen meets the highest of standards.

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Coconut chicken served with rice	Pasta with salmon and spring vegetables	Chickpea curry served with pilau rice	Roast chicken served with couscous, peppers and carrot	Breaded fish pieces served with potato wedges and garden peas
Tea	Wholemeal wraps served with a range of fillings	Quorn hot-dogs served in a bun with mixed vegetables	Jacket potatoes with baked beans, grated cheddar cheese and carrot sticks	Vegetable pasta bake served with salad	Home made Quorn Lasagna served with spinach
Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken hot pot served with potatoes	Potato and spinach curry served with pilau rice	Beef stirfry served with noodles and vegetables	Bean and tomato stew served with wholegrain rice	Fish stew served with rice and green beans
Tea	Tomato and mixed vegetable pasta served with salad leaves	Sausages served with mashed potato and baked beans	Chicken pieces in breadcrumbs served with wholegrain rice and peas	Spaghetti primavera served with broccoli, courgette and garden peas	Home made Quorn Shepard's Pie served with mixed vegetables
Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chili con Carne served with wholegrain pitta bread	Tuna sweetcorn and pepper pasta bake served with salad	Prawn stirfry served with noodles, sweetcorn and sugar snap peas	Mediterranean chicken bake served with roasted tomatoes	Salmon pieces served with potatoes and mixed vegetables
Tea	Mixed vegetable curry served with wholegrain rice	Chicken fajitas with tomato and mixed pepper sauce served with wholemeal wraps	Spaghetti Bolognese served with salad leaves	Jacket potatoes with baked beans, grated cheddar cheese and carrot sticks	Home made sausage hot pot served with peas
Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet and sour chicken noodles with vegetables	Sausage and root vegetable casserole served with mashed potato	Chicken curry served with pilau rice	Breaded chicken served with cous cous and oven roast vegetables	Fish pie served with green beans
Tea	Mixed bean chili served with wholegrain rice	Spaghetti and meatballs in a tomato sauce served with salad	Tomato or chicken noodle soup served with a roll and carrot sticks	Fish Fingers served with mashed potato and mixed vegetables	Home made sausage pasta bake served with sweetcorn

If you have any ideas on how we can improve our menu we welcome your feedback. Please get in touch with us on 07761293425 or email us [info@alwaysgrowing.co.uk](mailto:info@alwaysgrowing.co.uk)