



# KIDZ R US MENU - WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DINNER

MAC & CHEESE  
WITH GARLIC BREAD

CHICKEN, PEA  
& MUSHROOM  
RISOTTO

SAUSAGE  
CASSEROLE &  
MASH

FISH PIE

SPAGETTI  
BOLOGNESE

PUDDING

FROMAGE FRAIS

SPONGE &  
CUSTARD

RICE  
PUDDING

ICE CREAM  
& WAFERS

FROMAGE FRAIS

TEA

CHEESE / HAM  
WRAPS

TUNA  
WHOLEMEAL  
ROLLS

VEGGIE  
PIZZAS

CRUMPETS &  
CHEESE

POTATO CAKES

BABY TEA

PASTA  
BOLOGNESE

CHICKEN DINNER

CAULIFLOWER  
CHEESE

CHUNKY  
VEG SOUP

COTTAGE  
PIE

PUDDING

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION



# KIDZ R US MENU - WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DINNER

COTTAGE PIE  
& GREEN BEANS

CHICKEN  
CASSEROLE  
MASH & YORKIES

CHICK PEA, SPINICH  
& SWEET POTATO  
CURRY

TUNA PASTA  
BAKE

QUICHE, WEDGES  
& BEANS

PUDDING

FROMAGE FRAIS

ICE CREAM & FRUIT  
COCKTAIL

BANANA &  
CUSTARD

CHOCOLATE  
MOUSSE

JAM ROLL

TEA

SANDWICH  
PLATTER

PITTA PIZZAS

TOASTED BAGELS  
& CREAM CHEESE

FINGER  
SANDWICHES

CRUMPETS  
& CHEESE

BABY TEA

CHICKEN &  
VEG RISOTTO

FISH CAKES,  
POTATO & PEAS

HAM & TOMATO  
PASTA BAKE

VEGETABLE BROTH

PASTA  
CARBONARA

PUDDING

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION



# KIDZ R US MENU - WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DINNER

FISH CAKES, PEAS  
& SWEET POTATO  
MASH

CHILLI & RICE

CHICKEN, LEEK &  
BACON PASTA BAKE

SAUSAGE, MASH  
& BEANS

SWEET & SOUR  
CHICKEN, NOODLES  
& PRAWN CRACKERS

PUDDING

FROMAGE FRAIS

APPLE SPONGE  
& CUSTARD

RICE PUDDING  
& JAM

ICE CREAM  
& WAFER

FROMAGE FRAIS

TEA

POTATO CAKES

FINGER  
SANDWICHES

CRUMPETS  
& CHEESE

TUNA  
SANDWICHES

PITTA PIZZAS

BABY TEA

CHEESE & TOMATO  
PASTA

PASTA & VEGGIE  
SOUP

CHICKEN CURRY

CHEESEY PASTA

MINCE, GRAVY  
& MASH

PUDDING

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION

FRUIT  
SELECTION