

Starjumps Autumn/Winter Tea Menu 2011/2012

**Please circle which meal you'd like your child to have for lunch at Starjumps.
As we alternate meals on a 3-week rota, please choose a meal for each session they attend.**

Thank you.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--|--|---|--|--|
| Week One | Fish Dippers with cherry tomatoes and cucumber sticks Cheese and vegetable sticks with cherry tomatoes Yoghurt | Chicken wrap with carrot sticks Vegetable wrap with carrot sticks Yoghurt | Ham and cheese pastry with tomato and cucumber salad Cheese and onion pastry with tomato and cucumber salad Yoghurt | Cold meat platter with celery sticks and dips Vegetarian platter with celery sticks and dips Yoghurt | Assorted protein sandwiches with crisps and vegetable sticks Assorted vegetarian sandwiches with crisps and vegetable sticks Yoghurt |
| Week Two | Chicken nuggets with breadsticks and coleslaw Vegetarian nuggets with breadsticks and coleslaw Yoghurt | Cocktail sausages with ciabatta bread and salad Vegetarian sausages with ciabatta bread and salad Yoghurt | Ham and cheese quiche with mixed salad Tomato and cheese quiche with mixed salad Yoghurt | Pasta and tuna salad with garlic bread Vegetarian pasta salad with garlic bread Yoghurt | Assorted protein sandwiches with crisps and vegetable sticks Assorted vegetarian sandwiches with crisps and vegetable sticks Yoghurt |
| Week Three | Meat sausage roll with green salad Vegetarian sausage roll with green salad Yoghurt | Turkey and cranberry sandwiches with celery and carrot sticks Quron style sandwiches with celery and carrot sticks Yoghurt | Meat pizza with mixed salad Vegetarian pizza with mixed salad Yoghurt | Crunchy chicken goujons with coleslaw and pitta bread Quorn sticks with coleslaw and pitta bread Yoghurt | Assorted protein sandwiches with crisps and vegetable sticks Assorted vegetarian sandwiches with crisps and vegetable sticks Yoghurt |