

MENU Week Three



Breakfast

Monday
A selection of cereals
Brown bread toast

Tuesday
A selection of cereals
Brown bread toast

Wednesday
A selection of cereals
Brown bread toast

Thursday
A selection of cereals
Brown bread toast

Friday
A selection of cereals
Brown bread toast



Snack

Monday
Satsuma

Tuesday
Crumpets

Wednesday
Apple slices

Thursday
Breadsticks with dip

Friday
Melon



Lunch

Monday
Chicken curry and rice

Tuesday
Spaghetti bolognaise

Wednesday
Turkey casserole with
mashed potatoes and
vegetables

Thursday
Shepherd's pie with
vegetables

Friday
Fish fingers with new
potatoes and vegetables

Vegetarian Option

Monday
Vegetable curry and rice

Tuesday
Vegetable bolognaise

Wednesday
Mixed vegetable casserole
with mashed potato and
vegetables

Thursday
Vegetable pie with
vegetable

Friday
Vegetable fingers with new
potatoes and vegetables

Monday
Fruit salad

Tuesday
Apple crumble and custard

Wednesday
Fresh fruit

Thursday
Rice pudding and jam

Friday
Yoghurt



Snack

Monday
Pitta and dip

Tuesday
Banana

Wednesday
Cucumber and carrot sticks
With dip

Thursday
Grapes

Friday
Crackers and cheese
Spread



Tea

Monday
Pizza with vegetable sticks

Tuesday
Beans on toast

Wednesday
Jacket potato with tuna
mayo

Thursday
Penne napoli

Friday
Mixed sandwiches with
vegetable sticks

Monday
Homemade shortbread

Tuesday
Yoghurt

Wednesday
Jam sponge

Thursday
Fruit flapjack

Friday
Gingerbread men

All meals are homemade and freshly prepared on the premises
Vegetablesan options available to all meals and puddings