



Week 3 Breakfast Menu



MONDAY

Pain au chocolate
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams

TUESDAY

Paninis with a choice of fillings
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Fresh fruit juice

WEDNESDAY

Boiled eggs and soldiers
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Fresh fruit juice

THURSDAY

Pancakes with bacon and maple
syrup
Selection of fresh fruit
Choice of cereals
Toast & jams
Fresh fruit juice

FRIDAY

Ham & cheese croissants
Cheese & tomato croissants
Porridge
Selection of fresh fruit
Choice of cereals
Toast & jams
Fresh fruit juice





Week 3 Lunch Menu



MONDAY

V - Quorn tikka masala
Lamb rogan josh
Fish tortilla wraps
Basmati rice, sweetcorn and edamame
beans
Jacket potato and baked beans
Apple and sultana crumble and cream
Fresh fruit pots & yoghurts

TUESDAY

V - Goat's cheese & roasted
vegetable roulade
Salmon & broccoli quiche
Roast pork
Roast potatoes, carrots & savoy
cabbage
Pasta with tomato & garlic sauce
Choice of salad
Warm honey & lemon cake with
cream
Fresh fruit pots & yoghurts

WEDNESDAY

V - Macaroni cheese
Beef chow mein
Vegetable risotto
Garden peas
Jacket potato & baked beans
Choice of salads

Cherry sponge & custard

THURSDAY

V - Quorn and tarragon hotpot.
Chicken hot pot
Seafood gratin
Broccoli & carrots
Pasta with tomato & sausage sauce
Choice of salads
Carrots and green beans
Chocolate sponge with chocolate sauce
Fresh fruit pots & yogurts

FRIDAY

V - Quorn buttermilk style burger
in a bun with lettuce & mayonnaise
Battered fish, fish fingers or
sausages
Chips, garden peas or mushy peas
Choice of salad
Baked potato with baked beans
A selection of cold desserts
Fresh fruit pots & yogurt





Week 3 Supper Menu



MONDAY

V - Vegan Cumberland sausages
Honey roast ham
Fried eggs and chips
Selection of cold desserts

TUESDAY

All day breakfast

WEDNESDAY

V - Vegetable nuggets
Breaded Scampi
Chicken goujons
Chunky chips, Garden peas &
Baked beans or salad
Fresh fruit platter

THURSDAY

V - Vegetable and Haloumi kebabs
Chicken skewers
Vegetable rice
Sweetcorn

