

# WEEK: 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	A selection of cereals, porridge, toast, with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	A selection of cereals, porridge, toast, with butter, jam, marmalade, marmite, orange juice, milk and yoghurts Bacon rolls	A selection of cereals, porridge, toast, croissants with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	A selection of cereals, porridge, toast, pain au chocolate with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	Oven cooked breakfast of sausages, bacon, eggs, hash browns, baked beans, toast, orange juice and milk
<b>Soup</b>	Carrot/orange	Broccoli	Vegetable	Tomato	Watercress
<b>Main</b>	Honey and mustard chicken	Homemade pizza	Spaghetti bolognaise	Chicken groujons	Breaded haddock (Salmon on request)
<b>Vegetarian</b>	Vegetable Stew	Haloumi and red pepper kiev	Quorn bolognaise	Vegetable stroganoff	Vegetable tart
<b>Carbohydrates</b>	New potatoes	Chips	Garlic bread	Risotto rice	Chips
<b>Vegetables</b>	Peas, carrots	Salad	Sweetcorn	Broccoli	Peas
<b>Dessert</b>	Scones with jam and clotted cream	Fruit salad and cream	Peach melba	Hot cake and ice cream	Pavlova
<b>Snack</b>	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water
<b>Supper</b>	Carbonara	Gammon steaks	Chow mien	Shredded beef	
<b>Carbohydrates</b>	Pasta	New potatoes	Rice	Noodles	
<b>Vegetables</b>	Sweetcorn	Green beans	Peppers	Mushrooms	

*On occasion, menus may have to be altered at short notice, while ensuring a balanced diet is maintained.*

## Packed Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Rolls Salad Sticks Fruit Yoghurt	Sausage Rolls Salad Sticks Fruit Yoghurt	Filled Rolls Salad Sticks Fruit Yoghurt	Filled Rolls Salad Sticks Fruit Yoghurt	Chicken Baguette Salad Sticks Fruit Yoghurt