

WEEK: 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	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
Soup	Lentil	Mushroom	Spicy parsnip	Vegetable	Tomato
Main	Chow mein	Steak on wholemeal roll	Lasagne	Chicken fajitas	Battered haddock goujons (salmon on request)
Vegetarian	Vegetable pie	Sweet and sour vegetables	Whole wheat macaroni cheese leeks	Honey and mustard quorn chicken	Quiche
Carbohydrates	Wedges	Chips	Garlic bread	Potato salad	Wedges
Vegetables	Salad, coleslaw	Mushrooms, onions	Salad	Salad and peppers	Beans
Dessert	Pears with chocolate sauce and ice cream	Chocolate mousse	Greek yoghurt with kiwi and pineapple	Sticky toffee pudding with ice cream/cream	Apple pie and ice cream
Snack	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
Supper	Chilli	Chicken and ham pie	Baked Potato with cheese/ham/beans	Pizza	
Carbohydrates	Rice	New potatoes	Potato	Chips	
Vegetables	Mixed Salad	Carrots/peas	Salad	Corn on the cob, coleslaw	

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