

MENU Week Three



Breakfast

A selection of cereals or toast

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AM Snack

Cheese and pineapple

Cracker with spread

Apple

Breadstick with hummus

Pear

Lunch

Chicken margarita with rice and peas

Beef chilli with jacket potato

Pork and leek casserole with mash and brussels

Fish fingers, sweetcorn and wedges

Vegan butternut squash macaroni with sweetcorn



Vegetarian

Quorn fillet margherita with rice and peas

Vegetarian chilli with jacket potato

Vegetable and leek casserole with mash and brussels

Vegetable fingers, sweetcorn and wedges

Vegan butternut squash macaroni with sweetcorn

Pudding

Banana

Chocolate chip banana bread

Mixed berry crumble with custard

Blueberries

Natural yoghurt



PM Snack

Mixed berries

Satsuma

Teacakes

Banana

Oatcake

Tea

Toasted pitta pockets and vegetable sticks

Macaroni cheese with spinach and garlic bread

Cheese topped jacket potato with chargrilled vegetables

Vegetable paella

Toasted panini and vegetable sticks



Pudding

Fruit jelly

Natural yoghurt and fruit compote

Banana

Ginger cake

Chocolate chip shortbread