



Menu – Three

	Breakfast	Lunch	Afternoon Snack	Afternoon Tea
Monday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Pasta shells filled with an onion, garlic, tomato and grated carrot bolognaise Chocolate chip slice with chocolate sauce	Fresh fruit slices: apple, satsuma, pear and banana	Beans on toast with carrot and cucumber sticks
Tuesday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Creamy salmon and cod fish pie served with peas and carrots Strawberry jelly and fresh fruit	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese) with pepper sticks
Wednesday	Porridge or wholemeal toast	Moroccan lamb goulash served with cous cous / rice Lemon drizzle slice	Fresh fruit slices: apple, satsuma, pear and banana	Crackers with grated cheese, cherry tomatoes, cucumber and carrots
Thursday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Cheese, leek and lentil pasta bake Stewed apples with ice cream	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese / ham) with cucumber and carrot sticks
Friday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Corned beef hash with boiled potatoes, cabbage, carrots and peas Coconut sponge with white sauce	Fresh fruit slices: apple, satsuma, pear and banana	Crumpets served with soft cheese and sliced cucumber Water melon
	Milk / water	Water	Milk / water	Water