

Weekly Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals & Fresh Milk	Warm Croissants	Porridge, Honey or Jam	Toast & Preserves	Natural Yoghurt, Fruit Salad & Granola
Main	Tuna & Sweetcorn Pasta Bake	Beef Meatballs in a Tomato Sauce	Harissa Chicken with Homemade Flatbreads	Cowboy Pie	Jacket Potatoes, Cheese & Bakes Beans
On the Side...	Mixed Salad	Herby Rice, Sautéed Peppers & Courgettes	Kachumber Salad, Yoghurt & Mint	Tex-Mex Potatoes & Green Beans	Spring Salad
Dessert	Sticky Toffee Pudding	Summer Fruit Jelly	Jam & Coconut Sponge	Yoghurt & Fresh fruit	Chocolate Brownie
Tea	Ham & Tomato Wholemeal Sandwich	Cheeseboard, Crackers & Grapes	Vegetable Soup & Croutons	Homemade Scones & Strawberry Jam	Houmous, Crudities & Breadsticks

Weekly Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals & Fresh Milk	Warm Croissants	Porridge, Honey or Jam	Toast & Preserves	Natural Yoghurt, Fruit Salad & Granola
Main	Spinach, Quorn & Spring Onion Risotto	Turkey & Vegetable Curry	Pasta Bolognaise	Roast Chicken Breast & Gravy	Homemade Fish Fingers & Tartare Sauce
On the Side...	Peas & Leeks	Pilau Rice & Naan Bread	Garlic Bread & Sweetcorn	Roast Potatoes & Mixed Vegetables	Potato Wedges and Peas
Dessert	Chocolate Cake	Yoghurt & Homemade Granola	Banana Loaf	Fruit Smoothie	Mousse
Tea	Chicken & Roasted Vegetable Wholemeal Wrap	Cheddar Cheese & Pickle Sandwiches	Vegetable Frittata	Cheddar Scones & Butter	Tomato & Basil Soup with Croutons

Weekly Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals & Fresh Milk	Warm Croissants	Porridge, Honey or Jam	Toast & Preserves	Natural Yoghurt, Fruit Salad & Granola
Main	Sweet and Sour Chicken	Lamb & Spring Vegetable Pie with Rosemary	Homemade Smoked Haddock & Spinach Fishcakes	Vegetarian Sausages & Apple Gravy	Turkey & Asparagus Fricassee
On the Side...	Egg Noodles & Stir-fried Vegetables	Jacket Wedges & Cabbage	Cheddar Cheese Sauce, Peas & Sweetcorn	Parmentier Potatoes & Steamed Carrots	Rice & Green Beans
Dessert	Lemon Drizzle Cake	Fresh Fruit Salad	Apple & Blackberry Wholemeal Crumble & Custard	Natural Yoghurt & Fruit Coulis	Sultana Flapjack
Tea	Carrot & Coriander Soup and Croutons	Cream Cheese, Crackers & Vegetable Sticks	Spaghetti on Toast	Tortilla Chips, Guacamole & Salsa	Tuna & Cucumber Sandwiches