



Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (cheerios, rice krispies, cornflakes), porridge and Weetabix with wholemeal toast with milk or water				
Snack	Fresh fruit Platter	Rice cakes with grapes	Fresh fruit platter	Rice cakes with grapes	Fresh fruit platter
Lunch Standard Meal	Beef burger or Vegetable burger with potato wedges	Lamb moussaka or Veg moussaka with broccoli	Chicken & mushroom potato pie or Mushroom & potato pie with green beans	Cottage pie or Veg cottage pie with cauliflower	Fish fingers or Quorn fingers with chips & peas
Alternative Lunch option	Chef's soup speciality- Tomato soup with warm bread				
Dessert	Fruit yogurt	Chocolate munchies	Vanilla ice-cream with raspberries	Orange cake	Cupcake
Snack	Cheese & pineapple cubes	Fresh fruit platter	Cheese & pineapple cubes	Fresh fruit platter	Cheese & pineapple cubes
Hot Tea	Bubble squick with baked beans	Chicken nuggets or Veg nuggets with carrot fries	Veggie fajitas with salsa sauce	Pizza pocket bites with cucumber sticks	Bacon & cheese macaroni or Cheese macaroni with carrot sticks
Dessert	Crumbly cookies	Blueberry pancakes	Sponge drops	Carrot cake	Flap jack