

Menu - Week Three

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|---|---|---|---|
| BREAKFAST | A variety of cereals and wholemeal toast rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink. | A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink. | A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink. | A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink. | A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink. |
| LUNCH | Vegetable curry with pilau rice and naan bread. Spiced apple cake. | Roast turkey, new potatoes and vegetables. Rice pudding. | Tuna pasta bake with broccoli and garlic bread. Bananas and custard. | Chicken sweet and sour stirfry with noodles. Sliced peaches and ice-cream. | Spiced lamb and chickpea couscous. Yoghurt and summer fruit salad. |
| VEGETARIAN OPTION | Vegetable curry with pilau rice and naan bread. Spiced apple cake. | Quorn Roast, new potatoes and vegetables. Rice pudding. | Cheese and broccoli pasta bake. Bananas and custard. | Vegetable sweet and sour stir fry with noodles. Sliced peaches and ice-cream. | Quorn chickpea couscous. Yoghurt and summer fruit salad. |
| TEA | Savoury wraps with salad. Melon slices | Homemade houmous with pitta and crudités. Summer fruit muffins | Bagels with cream cheese. Fruit yoghurt | Savoury muffins. Mango and banana slices. | Tomato soup. Oat and raisin cookies. |