

## Main Menu - Week one

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> - Assorted Cereal with Banana & raisins, toast	<u>Breakfast</u> - Assorted Cereal with Banana & raisins, toast	<u>Breakfast</u> - Assorted Cereal with Banana & raisins, toast	<u>Breakfast</u> - Assorted Cereal with Banana & raisins, toast	<u>Breakfast</u> - Assorted Cereal with Banana & raisins, toast
Fruit	Cucumber & Rice cakes	Fruit & Bread sticks	Rice cakes & fruit	Fruit
<u>Lunch</u> - Beef and vegetable casserole with mashed potatoes veggie mince and vegetable casserole and mashed potato	<u>Lunch</u> - Homemade chicken meatballs, sweetcorn and pasta Vegetable & cannellini bean pasta bake	<u>Lunch</u> - Turkey & vegetable stir fry and noodles Veggie & butter bean stir fry and noodles	<u>Lunch</u> - Tuna and potato pie with vegetables cheese potato pie with baked beans	<u>Lunch</u> - Mediterranean chicken, vegetables and rice Vegetables & beans in a mediterranean sauce and rice
<u>Pudding</u> - Fromage frais	<u>Pudding</u> - Assorted melon	<u>Pudding</u> - Apricot crumble and custard	<u>Pudding</u> - Fromage frais	<u>Pudding</u> - Apples and custard
Carrot & bread sticks	Cheese and fruit	Fruit	Fruit	Cheese & Fruit
<u>High Tea</u> - Chicken & Cream cheese sandwiches and salad	<u>High Tea</u> - Beans and toast	<u>High Tea</u> - Jacket wedge with cheese, chicken & sweetcorn	<u>High Tea</u> - Crumpets, cheese, chicken and crudities	<u>High Tea</u> - Salmon & sweetcorn pasta salad
<u>Pudding</u> - Home made banana cake	<u>Pudding</u> - Pineapple	<u>Pudding</u> - Fromage frais	<u>Pudding</u> - Fruitcocktail	<u>Pudding</u> - Homemade Flapjack

Red: Protein

Blue: Dairy

Green: Fruit and Veg

Yellow: Carbohydrates