

## Main Menu Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> - Assorted <b>cereal</b> with <b>banana &amp; raisins</b> , <b>toast</b>	<u>Breakfast</u> - Assorted <b>cereal</b> with <b>banana &amp; raisins</b> , <b>toast</b>	<u>Breakfast</u> - Assorted <b>cereal</b> with <b>banana &amp; raisins</b> , <b>toast</b>	<u>Breakfast</u> - Assorted <b>cereal</b> with <b>banana &amp; raisins</b> , <b>toast</b>	<u>Breakfast</u> - Assorted <b>Cereal</b> with <b>banana &amp; raisins</b> , <b>toast</b>
<b>Fruit&amp;cheese</b>	<b>Fruit</b>	<b>fruit</b>	<b>Fruit &amp; cheese</b>	<b>Rice cakes &amp; fruit</b>
<u>Lunch</u> - <b>Beef Cottage pie</b> with <b>vegetables</b> <b>Vegetable &amp; chic pea cottage pie</b> and <b>vegetables</b>	<u>Lunch</u> - <b>cheese</b> topped <b>Tuna &amp; pepper pasta</b> bake <b>Vegetable &amp; bean pasta</b> bake	<u>Lunch</u> - Roast <b>lamb mash potatoes</b> <b>vegetables</b> and <b>gravy</b> <b>Veggie sausage mash potatoes</b> <b>vegetables</b> and <b>gravy</b>	<u>Lunch</u> - <b>Chicken &amp; sweetcorn</b> korma and <b>rice</b> <b>vegetable &amp; chic pea</b> korma and <b>rice</b>	<u>Lunch</u> - <b>Lamb &amp; vegetable</b> bolognese & <b>spaghetti</b> <b>Veggie mince &amp; vegetable</b> bolognese & <b>spaghetti</b>
<u>Pudding</u> - <b>melon</b>	<u>Pudding</u> - <b>Pear</b> and <b>sultanas</b>	<u>Pudding</u> - <b>Fromage frais</b>	<u>Pudding</u> - <b>Pineapple</b>	<u>Pudding</u> - <b>Rhubarb</b> crumble and <b>custard</b>
<b>Fruit</b>	<b>Cucumber &amp; carrot</b>	<b>Fruit &amp; rice cakes</b>	<b>Cucumber &amp; breadsticks</b>	<b>Fruit</b>
<u>High Tea</u> - <b>Beans</b> and <b>toast</b>	<u>High Tea</u> - <b>Jacket</b> <b>wedges</b> <b>chicken</b> <b>cheese</b> & <b>sweetcorn</b> <b>Jacket wedge</b> <b>cheese</b> & <b>sweetcorn</b>	<u>High Tea</u> - <b>Cheese</b> <b>tomato</b> & <b>chicken</b> <b>pizza</b> and <b>salad</b>	<u>High Tea</u> - <b>Butter</b> <b>bean</b> <b>carrot</b> and <b>potato</b> soup with a <b>wholemeal</b> roll	<u>High Tea</u> - <b>Crumpets</b> <b>cheese</b> <b>chicken</b> and <b>crudities</b>
<u>Pudding</u> - <b>Fromage frais</b>	<u>Pudding</u> - <b>Homemade</b> <b>flapjack</b>	<u>Pudding</u> - <b>Banana</b>	<u>Pudding</u> - <b>Fromage</b> <b>frais</b>	<u>Pudding</u> - <b>Homemade</b> <b>cakes</b>

**Red: Protein**

**Blue: Dairy**

**Green: Fruit and Veg**

**Yellow: Carbohydrates**