

Main Menu - Week Four

| 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 | fruit & rice cakes | fruit | Fruit & cheese | Fruit |
| <u>Lunch</u> - Beef pepper chilli con carne and rice Vegetable & chic pea chilli con carne and rice | <u>Lunch</u> - Roast chicken mash potatoes vegetables and gravy Vegetarian burger mash potatoes vegetables and gravy | <u>Lunch</u> - Fish fingers new potato and beans Veggie fingers new potato and beans | <u>Lunch</u> - Homemade chicken Meatballs sweetcorn and pasta Vegetable & butter bean pasta bake | <u>Lunch</u> - Minced lamb and vegetable casserole with rice Cannellini bean and vegetable casserole with rice |
| <u>Pudding</u> - Apple crumble and custard | <u>Pudding</u> - Fromage frais | <u>Pudding</u> - Fruit cocktail | <u>Pudding</u> - Banana and custard | <u>Pudding</u> - Fromage frais |
| cheese & cucumber | fruit | Fruit & rice cakes | fruit | cheese & fruit |
| <u>High Tea</u> - Jacket potato and beans | <u>High Tea</u> - cheese and chicken wraps with crudities cheese wrap and crudities | <u>High Tea</u> - creamcheese & chicken sandwiches and crudities | <u>High Tea</u> - Home made leek butter bean and potato soup with a wholemeal roll | <u>High Tea</u> - Tuna and sweetcorn pasta salad sweetcorn pasta salad |
| <u>Pudding</u> - Peaches | <u>Pudding</u> - melon | <u>Pudding</u> - Fromage frais | <u>Pudding</u> - Homemade Flapjack | <u>Pudding</u> - Pineapple |

Red: Protein

Blue: Dairy

Green: Fruit and Veg

Yellow: Carbohydrates