

# Menu 3

## Monday

**Breakfast:** A selection of cereals, yoghurt, banana or toast with a choice of marmite or butter

**Lunch:** Jacket potatoes with baked beans, cheese and broccoli. Soreen loaf

**Late afternoon snack:** Homemade mini pizzas with vegetable sticks. Seasonal fruit

**Snack time:** Selection of fruit/raisins/biscuits/oat cakes/cheesy biscuits/bread sticks with hummus/crackers/rice cakes

## Tuesday

**Breakfast:** A selection of cereals, yoghurt, banana or toast with a choice of marmite or butter

**Lunch:** Chilli beef with rice, red kidney beans and carrots. Peach fool

**Vegetarian option:** Quorn with rice, red kidney beans and carrots. Peach fool

**Late afternoon snack:** Tomato and lentil soup with warm crunchy bread. Seasonal fruit

**Snack time:** Selection of fruit/raisins/biscuits/oat cakes/cheesy biscuits/bread sticks with hummus/crackers/rice cakes

## Wednesday

**Breakfast:** A selection of cereals, yoghurt, banana or toast with a choice of marmite or butter

**Lunch:** Bacon pasta bake with mascarpone sauce and green vegetables. Frothy Jelly

**Vegetarian option:** Pasta bake with mascarpone sauce and green vegetables. Yoghurt

**Late afternoon snack:** Bagels with selection of soft cheese spreads, tuna and/or egg and vegetable sticks. Seasonal fruit.

**Snack time:** Selection of fruit/raisins/biscuits/oat cakes/cheesy biscuits/bread sticks with hummus/crackers/rice cakes

## Thursday

**Breakfast:** A selection of cereals, yoghurt, banana or toast with a choice of marmite or butter

**Lunch:** Tuna with new potatoes and mixed vegetable. Banana sponge.

**Late afternoon snack:** Beans on toast. Seasonal fruit

**Snack time:** Selection of fruit/raisins/biscuits/oat cakes/cheesy biscuits/bread sticks with hummus/crackers/rice cakes

## Friday

**Breakfast:** A selection of cereals, yoghurt, banana or toast with a choice of marmite or butter

**Lunch:** Chicken in a tomato sauce with mixed veg and cous cous. Yoghurt

**Vegetarian option:** Vegetable fingers with roast potatoes, gravy, cabbage and carrots. Yoghurt

**Late afternoon snack:** Selection of sandwiches (chicken, hummus, cheese, marmite, ham, egg, Dairylea, soft cheese) and vegetable sticks. Seasonal fruit

**Snack time:** Selection of fruit/raisins/biscuits/oat cakes/cheesy biscuits/bread sticks with hummus/crackers/rice cakes

