

### Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wheat biscuits with milk and raisins	Half crumpet with spread	Malted wheats with milk	Plain pancake with banana	Yoghurt, fruit and cereal pots
	Half crumpet with spread				White toast with spread
<b>Mid-morning snack</b>	Ryvita with houmous	Plain yoghurt with banana slices	Avocado on toast	Carrot and celery sticks	Breadsticks with apple
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>Lunch</b>	Mixed bean and root vegetable stew with herb cous cous	Pork, leek and mustard casserole with mashed potatoes and brussels sprouts	Chicken korma with brown rice	Lamb pearl barley hotpot with root vegetable mash	Haddock ratatouille with white pasta
<b>Vegetarian lunch</b>	Mixed bean and root vegetable stew with herb cous cous	Soya, leek and mustard casserole with mashed potatoes and brussels sprouts	Chickpea korma with brown rice	Vegetarian pearl barley hotpot with root vegetable mash	Lentil ratatouille with white pasta
<b>Jacket Potato</b>	With baked beans	with coleslaw	With cheese	With tuna or cheese	With baked beans
<b>Dessert</b>	Apple crumble with custard	Banana pancakes	Semolina with blackberry compote	Mini carrot cakes	Fruity oat crumble sundaes
<b>Mid- afternoon snack</b>	Crackers with cream cheese	Pitta bread, tzatziki and pepper sticks	Seasonal chopped mixed fruit	Crumpets with spread and grapes	Hard-boiled egg and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>Tea</b>	Homemade tuna pate with baked potatoe and salad	Roast vegetable and red lentil pasta	Pitta pockets with egg mayonnaise, cucumber and carrot salad	Cous cous and chickpea salad	Parsnip, butterbean and apple soup and a wholemeal roll with spread
<b>Vegetarian Tea</b>	Cheese with baked potatoe and salad	Roast vegetable and red lentil pasta	Pitta pockets with egg mayonnaise, cucumber and carrot salad	Cous cous and chickpea salad	Parsnip, butterbean and apple soup and a wholemeal roll with spread
<b>Dessert</b>	Seasonal fruit salad	Poached pear with greek yoghurt	Satsumas and grapes	Poached plums with custard	Yoghurt and raisins

Fresh drinking water will be available and accessible at all times

