



# Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Bacon baps £1	Grilled sweet waffles £1	croissant served plain or with jam 80p	Mango and pineapple smoothie 50p	Toasted crumpets 40p
Café bar sandwich special	Cajun tuna with roasted pepper baguette £1.50	Coronation chicken and mango ciabatta £1.60	Honey roasted ham, rocket and mustard mayonnaise baguette £1.50	Smoked salmon, cucumber and cream cheese bagel £1.80	BLT baguette £1.50
Café bar salad box special	Crispy bacon Caesar salad £1.50	Spicy chicken noodle £1.50	Roasted vegetable, feta and cous cous £1.40	Tuna nicoise £1.50	Penne pasta, basil, roasted pepper and buffalo mozzarella £1.50
Sweet treats	A selection of homemade tray bakes and cakes				
Healthy selection	Homemade yoghurt pots or fresh seasonal fruit served in peak condition, ripened and ready to eat				



# Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Broccoli and stilton	Honey roasted butternut	Tomato and basil	Cream of vegetable	Spicy noodle
Main Meal	Cottage pie with a cheesy topping	Grilled Cajun spiced Turkey escalope	Beef Lasagne with garlic bread	Honey roasted gammon	Fish fingers or Battered white fish
Vegetarian Meal	Sweet potato pepper and courgette lasagne	Sunblushed tomato, basil and courgette frittata	Macaroni cheese topped with tomato and rocket	Cous cous stuffed peppers	Spicy bean burger with tomato and mayonnaise
Vegetables of the day	New potatoes Broccoli	Mashed potato Sweet corn	Jacket wedges Green beans	Roasted potatoes Sliced carrots	Chipped potatoes Peas
Jacket potato or pasta bar	Jacket Potato with barbeque baked beans	Penne pasta with spicy tomato sauce	Jacket Potato with spicy sausage casserole	Pasta spirals with carbonara sauce	Jacket potato with cheesy leeks
Salads	Selection of freshly prepared salads including mixed leaves, fresh cut cucumber and tomatoes and a protein dish				
Dessert	Banana cake with cinnamon custard	Apple "oaty" bake	Ginger bread with custard	Creamy rice pudding with toppings	Double chocolate cake with custard
Fresh Fruit & Yoghurt Pots	A selection of fresh cut fruit, homemade yoghurt pots and cold dessert pots, or fresh seasonal fruit served in peak condition, ripened and ready to eat				

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery breakfast	A selection of cereals, and fruit				
Main Meal	Cottage pie with a cheesy topping	Bangers and mash With onion gravy	Grilled Cajun spiced Turkey escalope	Honey roasted gammon	Fish fingers Or Battered white fish
Vegetarian Meal	Sweet potato pepper and courgette lasagne	Sunblushed tomato, basil and courgette frittata	Macaroni cheese topped with tomato and rocket	Cous cous stuffed peppers	Spicy bean burger with tomato and mayonnaise
Vegetables of the day	New potatoes  Broccoli	Mashed potato  Sweet corn	Jacket wedges  Green beans	Roasted potatoes  Sliced carrots	New potatoes  Peas
Morning snacks	Fresh fruit	Shortbread biscuits	Flapjack	Tea cakes	Cookies
Afternoon snacks	Rice cakes	Vegetable sticks	Bread sticks with dips	Fresh fruit	Fruit pots
Tea	pizza with baked beans	Chicken casserole with rice	Jacket potato wedges with mild chilli	Sausage pasta bake	Cheese and ham pasties