

## Week 3

## WINTER MENU

	Breakfast 9am	Lunch 11.45am	Tea 3.30pm	Snack 5pm
Monday	Tangerine Segments, Bran Flakes, Wheatabix, CoCo Pops  Water, Juice	Crunchy Three Vegetable Crumble & Pasta Pineapple Upside-Down Cake  Water	Tomato Soup with Wholemeal & White French Bread Slices Yoghurt, Melon & Banana Slices  Water, Juice	Kiwi & Peaches  Water
Tuesday	Sliced Grapes, Shredded Wheat, Wheatabix, Malt Wheats  Water, Juice	Lemon Chicken with Wholemeal & White Rice & Vegetables 3 Fruit Kebabs  Water	Toasted Crumpets with Butter, Sprinkled Cheese or Marmite Chopped Lettuce, Grated Carrot and Diced Red Pepper Malt Loaf with Butter & Sliced Apple Water, Juice	Sliced Pear & nectarine  Water
Wednesday	Raisins Wheatabix, Cornflakes, Bran Flakes  Water, Juice	Tuna & Sweetcorn or Cheese Pizza with Carrots, Mixed Sweet Potato & Potato Mash Mousse & Sponge Fingers Water	Wholemeal & White Pasta with Tomato & Basil Sauce Yoghurt Cake with Orange Segments & Pear Slices Water, Juice	Melon & Cherries  Water
Thursday	Kiwi, Rice Crispies, Wheatabix, Malt Wheats Water, Juice	Pork & Vegetable Casserole with Dumplings Trifle  Water	Cheese on Wholemeal & White Toast Sweet Muffin with Tangerine Segments & Banana Slices  Water, Juice	Sliced Green Grapes & Apples  Water
Friday	Red Grapes, Wheatabix, Bran Flakes, Shredded Wheat  Water, Juice	Cheese, Potato & Onion Pie with Carrots & Peas Date Slices & Ice Cream  Water	Sliced Ham, Pork and Quorn, Wholemeal and White Bread Rolls, Broccoli and Cauliflower Florets, Celery and Red Pepper Batons with Yoghurt and Cucumber Dip, Cream Cheese and Pineapple Dip Bakewell Tart Water, Juice	Apple & Banana Slices  Water