



MENU WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal /Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast
SNACK	Oranges	Banana	Melon	Strawberries/Blueberries	Apple
LUNCH	Soup Chicken and Leek Pie Maccaroni Cheese	Paneer Curry V, GF Beetroot Brownie	Soup Beef Stew Sweet Potato Stew	Spaghetti Bolognese Quorn Spagetti Bolognese Lemon Drizzle Cake	Soup Sausage / Quorn Sausage Mash and Beans
SNACK	Apple	Bagel	Cheese and Crackers	Banana	Hummus, Cucumber
DINNER	Stuffed Peppers Fruit / Yogurt	Parsnip soup crutons Fruit / Yogurt	Cheese and Oatcakes Fruit / Yogurt	Chicken / Cheese Fruit / Yogurt	Jacket Potatoes Fruit / Yogurt

Gluten Free GF Options Available

Vegetarian Alternative V

Vegan Options Available