

Lunch Menu

Week 3

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| Days | AM  Snack | Starter | Main Meal | Dessert | PM  Snack |
| **Monday** | Oatcake,  cheddar cheese & apple |  | Quorn goujon, herb or plain potatoes wedges & fresh vegetables | Yoghurt | Chicken morning roll &  banana |
| **Tuesday** | Lemon and sultana muffin & green grapes | Soup | Lasagne, crusty bread & seasonal vegetables |  | Cheese sandwich &  cherry tomato |
| **Wednesday** | Banana roll &  melon | Soup | Chicken, yorkshire pudding, potatoes & seasonal vegetables |  | Breadsticks, carrot & cucumber dip & banana |
| **Thursday** | Tuna sandwich  & green apple |  | Sausages in gravy, potatoes  & seasonal vegetables | Fruit | Fromage frais &  orange |
| **Friday** | Banana loaf & easy peeler | Soup | Fish cake, potato wedges & seasonal veg |  | Pitta bread  cheese spread & red apple |