

## Week-Four- menu.



### Monday.

Snack-Carrot & cucumber sticks with hummus & pitta breads

Lunch-Salmon pesto pasta with cherry tomatoes (✓)

Pudding-blueberry muffins

High Tea-Tuna pate with pitta breads & cucumber sticks (✓)

Pudding-Duo of melon

### Tuesday.

Snack-Apples, pears & rice cakes

Lunch- Pork mince, chorizo & cannellini bean stew with brown rice

vegetarian lunch-Chickpea, tomato & cannellini bean stew (✓)

Pudding- Bananas & custard

High Tea-Crackers with cottage cheese, ham & pineapple

vegetarian high tea- crackers with cottage cheese, ham & pineapple (✓)

Pudding-kiwi & natural vanilla yoghurt

### wednesday.

Snack-Strawberries, pineapple & plain pancakes

Lunch-Parsnip topped cottage pie with baby carrots

vegetarian lunch- Parsnip topped Quorn mince cottage pie with baby carrots (✓)

Pudding - Carrot Cake

High Tea-egg mayonnaise sandwiches with cucumber sticks (✓)

Pudding-Peaches & natural yoghurt

### Thursday.

Snack-Blueberries, raspberries & breadsticks

Lunch-salmon & broccoli risotto

vegetarian lunch- Quorn chicken & broccoli risotto (✓)

Pudding-peach & pear cobbler

High Tea-Cock-a-leekie soup with bread rolls

vegetarian High Tea-Quorn chicken cock-a-leekie soup with bread rolls (✓)

Pudding-Mandarins & natural strawberry yoghurt

### Friday.

Snack-Duo of melon with toasted muffins

Lunch-Chicken & green vegetable penne pasta

vegetarian lunch-Quorn chicken & green vegetable penne pasta (✓)

Pudding-Pear & apple crumble

High Tea-Cheese & ham croissants

vegetarian High Tea-Cheese & tomato croissants (✓)

Pudding-Peaches & natural yoghurt