

Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Breakfast | Bacon Baps Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Eggy bread & sausages Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Scrambled egg, bacon, Baked beans Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Filled croissants Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Fried egg, Hash browns Bagels Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Full English Breakfast Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice | Continental Breakfast Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice |
| Lunch main | Creamy Tomato and spinach Pasta | Beef Bourguignon | Cheese and Tomato Pizza | Roast Beef | Haddock Fish Fillet | Southern Fried Chicken | Packed Lunch |
| Vegetarian | Creamy Tomato and Spinach Pasta | Mushroom Bourguignon | Cheese and Tomato Pizza | Vegetarian Pasty | Gourmet Cheese and Leek Sausages | Southern fried Quorn fillets | Packed Lunch |
| Sides | Garlic Bread | Boiled Rice | Wedges Salad | Roast potatoes Carrots Broccoli | New potatoes Baked beans | Saute potatoes Peas and sweetcorn | Packed Lunch |
| Dessert | Banana Cake | Fresh fruit and yoghurt | Waffles and chocolate/strawberry sauce | Fresh Fruit and Yoghurt | Rocky Roads Slice | Strawberry mousse | Packed Lunch |
| Supper main | Lemon and honey Pork ribs | Chicken Paprikash | Char Siu Chicken Bahn Mis | Chicken Kyiv Risotto | Carbonade of Beef Brisket | Hot dog | Roast Pork |
| Vegetarian | Spinach and Feta Muffins | Quorn Paprikash | Kamong Tofu Banh Mis | Spinach and Mushroom lasagne | Leek and thyme Sausages | Vegetarian Sausage | Red onion and goats cheese tart |
| sides | Mashed potato Buttered Carrots | Broccoli and breadcrumbs Hungarian Sautéed Potatoes | Korean Cheese Corn French fries | Mixed salad Ciabatta Rolls | Garlic mash Green beans | Finger Bun Chips | Roast potatoes Savoy Cabbage Carrots Yorkshire pudding |
| Dessert | Key Lime pie | Cinnamon and butterscotch Pie | Chocolate lava Cake | White chocolate Tiramisu | Millionaires Shortbread | Chefs choice | Victoria Sponge |