

Week 3

Day	Snack	Lunch	Snack	Tea
Mon	Fresh Fruit	Homemade Chicken Curry with Braised Rice and Fresh Vegetables Apple & Raspberry Cake	Cheese and crackers	Caramelised Onion Sausage Rolls with Summer Salad
Tues	Raisins and rice cakes	Beef Stroganoff with Penne Pasta and Seasonal Vegetables Sweet Potato & Ginger Cake	Fresh Fruit	Selection of Sandwiches Served with Melon & Cucumber sticks
Wed	Fresh Fruit	Poached Fish in a Rocket & Watercress Sauce Served with Sautee Potatoes, Peas & Sweetcorn Apple & Blueberry Jelly	Pitta bread and houmous	Chicken & Sweetcorn Pasties served with Veggie Sticks
Thurs	Breadsticks and cream cheese	Lamb & Rosemary Stew, Served with New Potatoes and Mixed Vegetables Chocolate & Orange Marble Cake	Fresh fruit	Homemade Pasta Salad served with Croutons
Fri	Yoghurt	Beef Lasagne with Vegetables, Summer Salad and Garlic Focaccia Viennese Swirls	Fresh fruit	Selection of Sandwiches, served with Melon & Tortilla Chips
	Milk/Water	Water	Milk/Water	Water