



Wellesley House

MENU WEEK 1

WELLESLEY HOUSE IS COMMITTED TO HELPING YOUR CHILD MAKE BETTER CHOICES

MONDAY



BREAKFAST

Poached Egg, Beans
Toasted Muffin
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

LUNCH

Beef Teryaki
Noodles
Stir fry vegetables
Pancake roll, prawn crackers
Salads, fresh fruit
Waffles and chocolate sauce

SUPPER

Homemade Soup of the Day
Omelette
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Fresh Fruit, Chocolate chip cookie

TUESDAY



Grilled Sausage
Mini potato waffles
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Hunters style **Chicken**
Herb diced potatoes
Green Beans
Cauliflower
Salads & fresh fruit
Syrup sponge and custard

Homemade Soup of the Day
Lamb & Oregano meatballs, tomato sauce
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Melon, pineapple, kiwi, grape platter

WEDNESDAY



Grilled Bacon
Poached Egg
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Slow cooked chunky **Pork** chilli
Rice
Sweetcorn & peppers
Cheesy nachos
Salads & fresh fruit
Wellesley tidy

Homemade Soup of the Day
Chicken Gyros & pitta
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Fresh Fruit, Cheese & Crackers

THURSDAY



Scrambled Egg
Croissant
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Chicken Parmigiana
Spaghetti in tomato sauce
Garlic bread, spinach & Rocket salad
Salads
Fresh fruit
Ice cream roll, raspberry sauce

Homemade Soup of the Day
Tuna, sweetcorn Lasagne
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Melon, pineapple, kiwi, grape platter

FRIDAY



Porridge
Boiled Egg
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Baked **salmon** with herb crust
New Potatoes
Peas
Salads
fresh fruit
S'mores pudding

Homemade Soup of the Day
Sausage, chips, beans
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Fresh fruit, Lemon curd chelsea bun

SATURDAY



Grilled Sausage
Hash Brown
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Shepherds Pie
Baton carrots
Broccoli
Salads & fresh fruit
Viennese Jam tart & custard

BBQ
Beefburger, sausage lollipop
Ice lollies
Selection of fresh salads
Melon, pineapple, kiwi, grape platter

SUNDAY



Full English Breakfast
Poached Egg
Bread Wholemeal, granary, white
Yoghurt & Fruit compote
Selection of wholegrain cereals
Fresh Fruit

Roast **Pork** & Apple sauce
Roast Potatoes
Cauliflower mornay
Pureed swede & carrot
Salads & fresh fruit
Strawberry Ice Cream and sauce

Homemade Soup of the Day
Fish Fingers and Spaghetti hoops
Jacket potatoes, Pasta, wholemeal pasta
Homemade pasta sauce
Selection of fresh salads & cold meat platter
Fresh fruit, Cheese & Crackers

ONE OF YOUR 5-A-DAY

LEAN PROTEIN

HEALTHY CHOICE

All special diets catered for including vegetarian, gluten free, dairy free
If anyone has an allergy concern please speak to a member of the kitchen team for advice