



MENU WEEK 3

WELLESLEY HOUSE IS COMMITTED TO HELPING YOUR CHILD MAKE BETTER CHOICES

MONDAY



BREAKFAST	LUNCH	SUPPER
Porridge Boiled egg Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Lamb Tagine Herb cous cous Roast vegetable medley Salads & fresh fruit Warm chocolate Brownie, strawberries	Homemade Soup of the Day Southern stlye chicken Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit , Iced Shortbread

TUESDAY



Eggy Bread Baked beans Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Turkey & Leek Pie Mashed potatoes Carrots Broccoli Salads & fresh fruit Butterscotch Mousse	Homemade Soup of the Day Chilli Beef Tacos Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
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WEDNESDAY



Grilled Bacon Poached egg Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Apple & Mustard glazed pork steak Herb diced potatoes Steamed green beans Cauliflower cheese sauce Salads & fresh fruit Chocolate marmalade sponge, custard	Homemade Soup of the Day Homemade fish cakes, parsley sauce Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh Fruit , Cheese & Crackers
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THURSDAY



Scrambled egg Mini potato waffles, beans Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Chicken Katsu Curry Noodles Stir fry vegetables Pancake roll, prawn crackers Salads & fresh fruit Fudge Tart	Homemade Soup of the Day Paprika pork & rice Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
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FRIDAY



Grilled sausage Hash brown Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Haddock in breadcrumbs Chips Peas Salads fresh fruit Apple Strudel & custard	Homemade Soup of the Day Tortellini in Tomato & pesto sauce Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit , Carrot cake muffin
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SATURDAY



Cheese & Ham Croissant Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Italian Beef Lasagne Garlic bread Courgette provencal Sweetcorn Salads & fresh fruit Chocolate torte	BBQ Lamb Burger - chicken skewer Ice Lolly Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
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SUNDAY



Full English Breakfast Poached Egg Bread Wholemeal, granary, white Yoghurt, fruit compote Selection of wholegrain cereals Fresh Fruit	Honey roast gammon Roast Potatoes Peas Carrots Salads & fresh fruit Vanilla Ice Cream & Sauce	Homemade Soup of the Day Salmon Bites Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh Fruit , Cheese & Crackers
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ONE OF YOUR 5-A-DAY

LEAN PROTEIN

WHOLEGRAIN 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