



# Wellesley House

## MENU WEEK 1

WELLESLEY HOUSE IS COMMITTED TO HELPING YOUR CHILD MAKE BETTER CHOICES

### MONDAY



### TUESDAY



### WEDNESDAY



### THURSDAY



### FRIDAY



### SATURDAY



### SUNDAY



	BREAKFAST	LUNCH	SUPPER
<b>MONDAY</b>	Eggy Bread Baked Beans Bread Wholemeal, granary, white Croissants Selection of wholegrain cereals Mixed Yoghurts, Fresh Fruit	Soup of the Day Minced Beef Bolognese Spaghetti/ Jacket Potato Garlic Bread/ Roasted Vegetables Salads & fresh fruit Apple Crumble & Custard	Soup of the Day Homemade Pepperoni & Vegetable Pizza BBQ Mini Wedges/ Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & Homemade Quiche Melon, pineapple, kiwi & grape platter
<b>TUESDAY</b>	Grilled Sausage Hash Browns & Baked Beans Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Fresh Fruit	Soup of the Day Gammon Steak & Pineapple Savoy Cabbage/ Carrots Mash/ Jacket Potatoes Salads & fresh fruit S'mores Pudding	Soup of the Day Chicken & Prawn Paella Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Homemade Cookies
<b>WEDNESDAY</b>	Buttermilk Pancakes Bacon Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Maple Syrup/Fresh Fruit	Soup of the Day Chicken Tikka Masala Vegetable Curry Boiled Rice/ Naan Bread Salads & fresh fruit Fresh Fruit Salad	Soup of the Day Beef Cannelloni & Garlic Bread Jacket potatoes, Pasta, wholemeal pasta Mini Corn on Cob Selection of fresh salads & Scotch Eggs Melon, pineapple, kiwi & grape platter
<b>THURSDAY</b>	Boiled Eggs Porridge Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Fresh Fruit	Soup of the Day Homemade Lamb Sliders/Veg Sliders Oven Baked Wedges/Jacket Potatoes Baked Beans Salads & fresh fruit Light & Dark Chocolate Mousse	Soup of the Day Welsh Rarebit & Oven Baked Sweet Potato Chips Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & Meat Quiche Tiffin
<b>FRIDAY</b>	Grilled Bacon Scrambled Egg Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Fresh Fruit	Soup of the Day Battered Fish/Quorn Fish Fingers Chips/Jacket Potatoes Garden Peas/Salad Bar Fresh fruit Waffles & Chocolate sauce	Soup of the Day Chilli Beef Nachos Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & Pork Pies Melon, pineapple, kiwi & grape platter
<b>SATURDAY</b>	Bagels Cold Meats Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Fresh Fruit	Soup of the Day Minced Beef Lasagne/Vegetable Lasagne Green Beans/Sweet Corn Jacket Potatoes/ Garlic Bread Salads & fresh fruit Jelly & Cream	Soup of the Day Breaded Chicken Kiev/ Vegetable Escalope Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads Flapjack
<b>SUNDAY</b>	Full English Breakfast Poached Egg Bread Wholemeal, granary, white Mixed Yoghurts Selection of wholegrain cereals Fresh Fruit	Roast Chicken Stuffed Peppers Broccoli/Carrots Roast Potatoes/ Jacket Potatoes Salads & fresh fruit Strawberry Ice Cream & Sauce	Homemade Sausage Roll Vegetable Sausage Rolls Jacket potatoes/Herb Diced Potatoes Baked Beans Selection of fresh salads & Meat platter Cheese & Biscuits

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