







Winter Menus 2016

Week 3

Day of the Week	Breakfast 7.30-8.30am	Snack 9.30-10.00am	Lunch From 11.10am	Snack 2.00-2.30pm	High Tea 3.15-3.45pm
Monday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies	 Fruit Bowl for rolling snack cafe 	Pasta Bake with Mediterranean Vegetables & Garlic Bread Rhubarb and custard	 Fruit Bowl for rolling snack cafe 	Soup and crusty Roll
Tuesday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Homemade Lamb and mint burgers, wedges and beans Semolina		Tuna & Cucumber sandwiches, crisps and fruit
Wednesday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Sausage, mash and peas Fruit Salad and Cream		Baked Potatoes with chickpea curry
Thursday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Chicken Curry and Rice with Poppadums' and mango chutney Angel Delight		Spaghetti Hoops on toast
Friday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Cod Goujons, mash, sweetcorn and peas Banana and Custard		Crumpet Loaf

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