



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 Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Chicken Korma Pilau Rice, naan bread Cumin spiced vegetables Tomato, cucumber, mango chutney Salads & fresh fruit Oaty apple crumble with custard	Homemade Soup of the Day Sausage & Bean hot pot Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit , Rocky road

TUESDAY



Eggy Bread Baked beans Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Beef Meatloaf, tomato sauce New potatoes Cauliflower cheese Peas Salads & fresh fruit Fudge tart	Homemade Soup of the Day Zimbo chicken fillet goujons 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 Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Mexican pork steak Herb diced potatoes Sweetcorn, green beans Cheesy nachos Salads & fresh fruit Syrup sponge & custard	Homemade Soup of the Day Lamb Kofta mint yoghurt dressing 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 Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Chicken & Leek Pie Mashed potatoes Carrots Broccoli Salads & fresh fruit Profiteroles, chocolate sauce	Homemade Soup of the Day Nigerian Beef Stew 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 Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Haddock in breadcrumbs Chips Peas Salads fresh fruit Lemon bakewell	Homemade Soup of the Day Chicken & vegetable risotto Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit , Viennese finger biscuit
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SATURDAY



Cheese & Ham Croissant Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Cumberland Beef Pie Roast carrot & parsnip Green beans Salads & fresh fruit Chocolate torte	Homemade Soup of the Day Hot Dogs Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce 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 Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Honey roast gammon Roast Potatoes Peas Cauliflower Salads & fresh fruit Vanilla Ice Cream & Sauce	Homemade Soup of the Day Salmon nibbles 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