



MENU WEEK 2

WELLESLEY HOUSE IS COMMITTED TO HELPING YOUR CHILD MAKE BETTER CHOICES

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



	BREAKFAST	LUNCH	SUPPER
MONDAY	Eggy Bread Baked beans Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Honey & Ginger chicken Braised rice Stir fried vegetables Prawn crackers Salads & fresh fruit Pear & Chocolate crumble, choc sauce	Homemade Soup of the Day Tortellini carbonara Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit, vanilla butterfly cake
TUESDAY	Grilled Sausage Hash Browns Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Beef Bourignion, pastry croute Boulangere potatoes Carrots Peas Salads & fresh fruit Butterscotch mousse	Homemade Soup of the Day Mexican chicken Quasadilla Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
WEDNESDAY	Porridge Boiled egg Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Toad in the Hole Mashed potatoes Broccoli Sweetcorn Salads & fresh fruit Fruit Jelly & Cream	Homemade Soup of the Day Salmon fishcakes, sweet chilli dip Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit, Cheese & Crackers
THURSDAY	Homemade Wholemeal Pancakes Fruit compote Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Beef Bolognaise Spaghetti Garlic Bread Spinach & Rocket salad Salads & fresh fruit Marbled sponge & custard	Homemade Soup of the Day Homemade cornish pasties Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
FRIDAY	Grilled Bacon Scrambled egg Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Cod in homemade breadcrumbs Chips Peas Salads & fresh fruit Key Lime pie	Homemade Soup of the Day Rooibos garlic & ginger chicken Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Fresh fruit, Whoopie cookie
SATURDAY	Poached egg, beans Toasted muffin Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Pork & Apple Hot pot New Potatoes Cauliflower, courgette Salads fresh fruit Viennese Jam Tart & custard	Homemade Soup of the Day Lamb burgers Jacket potatoes, Pasta, wholemeal pasta Homemade pasta sauce Selection of fresh salads & cold meat platter Melon, pineapple, kiwi, grape platter
SUNDAY	Full English Breakfast Poached Egg Bread Wholemeal, granary, white Homemade natural yoghurt Selection of wholegrain cereals fruit compote, Fresh Fruit	Roast Beef & Yorkshire pudding Roast Potatoes Carrots Broccoli Salads & fresh fruit Chocolate Ice cream & Sauce	Homemade Soup of the Day Sausage roll & Beans 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