



# Wellesley House

## MENU WEEK 1

**WELLESLEY HOUSE IS COMMITTED TO HELPING YOUR CHILD MAKE BETTER CHOICES**

### MONDAY



#### BREAKFAST

**Poached Egg**, Beans  
Toasted Muffin  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

#### LUNCH

Ginger & Soy **Beef**  
Noodles  
Stir fry vegetables  
Prawn crackers  
Salads, fresh fruit  
Waffles and chocolate sauce

#### SUPPER

**Homemade Soup** of the Day  
**Chicken** Gyros with pitta  
Jacket potatoes, Pasta, wholemeal pasta  
Homemade pasta sauce  
Selection of fresh salads & cold meat platter  
Fresh Fruit, Flapjack

### TUESDAY



Grilled Sausage  
Mini potato waffles  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

**Lamb** & Mint Casserole & Dumpling  
New Potatoes  
Peas  
Cauliflower  
Salads & fresh fruit  
Sticky toffee pudding & custard

**Homemade Soup** of the Day  
Pizza slice  
Jacket potatoes, Pasta, wholemeal pasta  
Homemade pasta sauce  
Selection of fresh salads & cold meat platter  
Melon, pineapple, kiwi, grape platter

### WEDNESDAY



Grilled Bacon  
**Poached Egg**  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

African **chicken** tagine  
Herby cous cous  
Roast courgette  
Carrots  
Salads & fresh fruit  
Coconut cream pie

**Homemade Soup** of the Day  
Fish fingers, wedges and beans  
Jacket potatoes, Pasta, wholemeal pasta  
Homemade pasta sauce  
Selection of fresh salads & cold meat platter  
Fresh Fruit, cheese & Crackers

### THURSDAY



**Scrambled Egg**  
Croissant  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

Apple & Mustard glazed **pork** steak  
Herb diced potatoes  
Broccoli, sweetcorn  
Salads  
Fresh fruit  
Lemon drizzle sponge & Custard

**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

### FRIDAY



**Porridge**  
**Boiled Egg**  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

Baked **salmon** with herb crust  
New Potatoes  
Peas  
Salads  
fresh fruit  
S'mores pudding

**Homemade Soup** of the Day  
Sausage, chips, beans  
Jacket potatoes, Pasta, wholemeal pasta  
Homemade pasta sauce  
Selection of fresh salads & cold meat platter  
Fresh fruit, Lemon & ginger cookie

### SATURDAY



Grilled Sausage  
Hash Brown  
Bread Wholemeal, granary, white  
Homemade natural yoghurt  
Selection of wholegrain cereals  
fruit compote, Fresh Fruit

Italian **Beef** Lasagne  
Garlic bread  
Mediterranean roast vegetables  
Salads & fresh fruit  
Caramel apple crisp with Custard

**Homemade Soup** of the Day  
Cajun **chicken** steak burger  
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 **Pork** & Apple sauce  
Roast Potatoes  
Cauliflower cheese  
Green beans  
Salads & fresh fruit  
Strawberry Ice Cream and sauce

**Homemade Soup** of the Day  
Garlic **turkey** stir fry noodles  
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**