

WRDN MENU WEEK 3

	BREAKFAST 8 – 8.45 am	SNACK 10.15 am	LUNCH & PUDDING 11.15 am	TEA & PUDDING 3.00 pm
MONDAY	Selection of cereals including Weetabix, Rice Krispies, Cheerios or cornflakes Wholemeal toast and buttery spread	Carrot & cucumber sticks with humous	Shepherd's pie with vegetables Fruit salad	Vegetable biryani with mint chutney and naan bread Pineapple upside down cake
TUESDAY	Selection of cereals including Weetabix, Rice Krispies, Cheerios or cornflakes Wholemeal toast and buttery spread	Fresh fruit & crumpets	Lentil, spinach & potato curry with rice and naan Berries & cream	Fish in parsley sauce with new potatoes and peas Yoghurt
WEDNESDAY	Selection of cereals including Weetabix, Rice Krispies, Cheerios or cornflakes Wholemeal toast and buttery spread	Fresh fruit & crackers	Roast turkey dinner with Yorkshire puddings Fruit Flan	Tomato & lentil lasagne with garlic bread Apple pie & Custard
THURSDAY	Selection of cereals including Weetabix, Rice Krispies, Cheerios or cornflakes Wholemeal toast and buttery spread	Fresh fruit & pancakes	Mediterranean vegetable pasta bake with garlic bread Blueberry sponge	Cheese & Vegetable pie with roast potatoes and vegetables Jelly
FRIDAY	Selection of cereals including Weetabix, Rice Krispies, Cheerios or cornflakes Wholemeal toast and buttery spread	Fresh fruit & rice cakes	Chicken korma with rice & naan bread Greek yoghurt with fruit coulis	Jacket potatoes with cheese, beans and coleslaw Sultana flapjack

The running order of this menu may change without prior notice. In order to accommodate dietary requirements, alternatives will be provided where possible. E.G. Milk / Soya milk, wheat / gluten / barley / dairy free products.

- CONTAINS WHEAT/GLUTEN/BARLEY/YEAST
● CONTAINS FISH
● MOLLUSCS
● CONTAINS MILK/DAIRY
● LUPIN
● CONTAINS LETCHIN
● CONTAINS TOMATO
● CONTAINS SOYA
● CONTAINS EGG
● CRUSTACEANS
● CONTAINS MUSTARD
● CONTAINS CELERY
● CONTAINS SESAME
● CONTAINS NUTS
● CONTAINS SULPHUS/SULPHITES