

Springy Menus

WEEK THREE

MONDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-LENTIL CURRY WITH WHOLE
GRAINRICE
PUDDING- YOGURT OR FRUIT
TEA-CARBONARA

TUESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-COTTAGE PIE
PUDDING- YOGURT OR FRUIT
TEA- HOMEMADE SOUP WITH WHOLE
GRAIN BREAD ROLLS

WEDNESDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-SALMON AND BROCCOLI PASTA
PUDDING- YOGURT OR FRUIT
TEA-HUMMUS AND VEG STICKS

THURSDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-RATAOUILLE WITH SOUR DOUGH
PUDDING- YOGURT OR FRUIT
TEA-SAUSAGE BOLOGNESE

FRIDAY

BREAKFAST-TOAST OR FRUIT
LUNCH-CHICKEN AND LEAK PIE WITH
SEASONAL VEG
PUEDDING- YOGURT OR FRUIT
TEA-WRAPPS

