

Wellington School

Week 3 Sep 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Belgium waffles Maple syrup-soaked banana Forest fruits Chocolate sauce	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Scrambled Egg & Bacon Soft Taco Scrambled egg, Tomato, Avocado & Spinach Soft Taco	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Smoked salmon & cream cheese bagel Boiled egg	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Croissants Cold Meat Selection Pain au Raisin Boiled Eggs	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Grilled Bacon Poached Eggs Beans Sautéed Mushrooms on Sourdough Baps	Cereal Selection Yoghurt & Fresh Fruit Porridge with Toppers Full English	BRUNCH
LUNCH	Tuscan bean soup Herb pesto chicken Balti Naan & poppadum's Riata Classic fish pie Stuffed courgettes with mozzarella & sun blushed tomato Cardamon rice Steamed greens Apricot & pear crumble Rocky road Lemon & blueberry mousse	French onion Gruyere croutons Slow braised Beef ragu & tagliatelle Char sui chicken with noodles Wild mushroom & spinach risotto with parmesan crumb Roasted vegetables & new potatoes Garlic bread Bakewell tart Chocolate & vanilla cheesecake Lime jelly	Cream of tomato Sea salt croutons Turkey stroganoff with capers & gherkins Lamb pastiche with halloumi crumb Tempura cauliflower with Asian dipping sauce Braised rice Roasted carrots Sweetcorn Sticky toffee pudding Flapjack Fruit pots	Carrot & cumin Carrot crisps Croutons Chicken souvlaki Flatbread Greek yogurt & pomegranate dip Ham hock & pea risotto with crispy onion crumb Baked gnocchi caponata with nut free basil pesto Sweet potato wedges Roasted Mediterranean vegetables Red velvet cake White chocolate brownies Eton mess pots	Fire roasted red pepper Crispy chorizo Battered cod, tartare sauce & lemons Mexican beef chilli, nachos & dips Falafel pitta with hummus & carrot slaw Chips Peas Rosemary & garlic Roasted squash Lemon meringue pie Lemon shortbread Rhubarb fool	Creamy vegetable Croutons <u>wrap bar</u> Smoky chicken Piri Piri Quorn Salsa Guacamole Sour cream Salads Chocolate & orange sponge Mousse & jelly selection	Cereal Selection Porridge Yoghurt and Fresh Fruit Bacon, Sausage, Scrambled Egg Plum Tomatoes Fried Bread, Mushrooms, Baked Beans & Hash Browns
SUPPER	Chicken fajita Veggie & Quorn burrito Dips, salsa & nachos Cookies & jelly pots	Thai style salmon Thai vegetable curry Sticky jasmine rice Fried kale & mange tout Baby corn Fruit trifle	Honey roast gammon Quorn sausages Bubble & squeak Fried eggs Banoffee pie	Chorizo Spanish pinwheel Smoky vegan paella Patatas bravas Tomato, balsamic & basil salad Rice pudding & toppers	Roasted chicken legs with lemon & thyme Aubergine & chickpea curry With rice & mango chutney Potato & vegetable tray bake Chocolate mousse	Korean bulgogi fries Topped with spiced beef, cheese, sour cream & sriracha Korean Quorn bulgogi Kimchi slaw Ice creams	Roast beef & Yorkshire pudding Vegetable stew & dumplings Roast potatoes Honey parsnips Roasted carrots

