**WEEK 3**

**MENU FOR WEEK COMMENCING: 19th February & 12th March**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Snack****(Water & Milk)** |  There is a wide variety of snacks every day (No added sugar- (i.e. fresh fruit, breadsticks, hot cross buns, bagels, rice cakes, toast). Home-made fruit muffins). |
| **Lunch****(Water)** | ChickenSweet Potato& Spinach curry | Pork, Apple &Cannellini BeanCasserole | Beef &Vegetable Bolognaise | Fish Pie | VegetablePasta Bake |
| Brown RiceGreen BeansSweetcorn | Mashed PotatoCarrots Cabbage | SpaghettiMixed Vegetables  | Baked BeansBroccoliCarrots | Garlic BreadCauliflowerPeas |
| Sweet PotatoSpinach &Chickpea Curry | Quorn piecesCannelliniBean & AppleCasserole | VegetableBolognaise | Green Lentil &Vegetable Pie | As Above |
| **Dessert**  | PeachesWith GreekYoghurt | Rhubarb Fool | Rice puddingWith Banana | Raspberry &Coconut SpongeWith Custard | Fruit Yoghurts |
| **Tea****(Water)** | AssortedCheese & CrackersCelery / CucumberFresh Fruit | SandwichesWithTuna /egg or CheeseFresh Fruit | Chicken GoujonsVegetable FingersWith dips &Salad SticksFresh Fruit | Pasta withTomato & BasilSauceFresh Fruit | Sundried Tomato& Feta SconesWith Salad sticksFresh Fruit |

Water is available throughout the day

Yellow Room’s menu is adapted to suit the weaning stage of each child

If your child has an allergen the menu will be adapted according to their required diet