



Wellesley House Weekly Menus – Week Three

Day	Breakfast	Lunch	Supper
Monday	Selection of cereals Yoghurts Fresh fruit Scrambled egg & mushrooms	All in one chicken bake with pasta Vegetable risotto Chocolate fudge brownies & ice cream	Tuna fishcakes yoghurt & mint dressing Selection of salads Cold meats Vegetable cakes Fruit crumble bar
Tuesday	Selection of cereals Yoghurts Fresh fruit Continental breakfast	Cottage pie Carrots & green beans Vegetable cottage pie Fruit lattice flan & cream	Mini naan filled with tandoori chicken Selection of salads Cold meats Tandoori vegetable naan Rice krispies cake
Wednesday	Selection of cereals Yoghurts Fresh fruit Grilled bacon & sautéed potatoes	Pork steak and peppers Parsley potatoes, cauliflower cheese Quorn fillet with peppers Rhubarb spiral cobbler	Tortellini with tomato & basil sauce Selection of salads Cold meats Chocolate éclairs
Thursday	Selection of cereals Yoghurts Fresh fruit Poached egg muffin	Breaded turkey escallop Herb coated potatoes & stir fried vegetables Vegetable croquettes Fresh fruit salad & natural yoghurt	Pork & apple burgers Selection of salads Cold meats Jam rock cakes
Friday	Selection of cereals Yoghurts Fresh fruit Hash browns & boiled eggs	Poached cod Mornay Duchess potatoes & peas Vegetable hot pot Apple strudel & vanilla sauce	Homemade chicken dippers & salsa Selection of salads Cold meats Cheese & onion dippers Honey & lemon sponge fingers
Saturday	Selection of cereals Yoghurts Fresh fruit Grilled sausage & plum tomatoes	Spaghetti bolognaise Garlic bread and salad Vegetable bolognaise Fruity crumble squares	Macaroni Provencal Selection of salads Cold meats Butterfly cakes
Sunday	Selection of cereals Yoghurts Fresh fruit Grilled bacon, fried egg & beans	Roast chicken Roast potatoes, carrots and cabbage Mushroom roast Marbled sponge & chocolate sauce	Homemade sausage rolls Selection of salads Cold meats Vegetable slice Ice cream