

**Spring Menu**  
March, April and May

**Week 3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Oat cake and pepper slices	Rice cake and carrot sticks	Buttered cracker with sliced pears	Breadstick and apple quarters	Fruit scone and grapes
<b>Main</b>	Vegetable stroganoff and brown rice	Sausage casserole and pasta	Tuna cakes, seasoned wedges and salad with dressing.	Roast chicken with herby roast potatoes, spring greens, cauliflower and gravy	Boiled ham, new potatoes, peas and carrots and parsley sauce
<b>Dessert</b>	Fresh fruit salad	Crunchy summer crumble and crème fraiche	Homemade sultana cake and cream	Fruit tart and vanilla sauce	Bananas and chocolate custard
<b>Afternoon Snack</b>	Pitta bread fingers, guacamole with carrot sticks and pear slices	Herby vegetable cake with pineapple cubes	Cheese cubes, cherry tomatoes, cucumber and apple slices	Spicy salsa dip with oatcakes and banana	Hot buttered crumpets and fresh fruit
<b>High Tea</b>	Sweet potato and lentil soup with a buttered roll	Chicken and pea risotto	Cauliflower cheese	Mediterranean vegetable frittata	Mozzarella and tomato toasts with cucumber batons