

**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 banana circles	Rice cake and water melon	Buttered cracker with sliced pears	Breadstick and apple quarters	Melba toast and grapes
<b>Main</b>	Vegetable stroganoff and brown rice	Sausage casserole and pasta	Tuna cakes, seasoned wedges and salad with dressing and homemade coleslaw	Chicken and vegetable chow Mein	Boiled ham, new potatoes, peas and carrots and parsley sauce
<b>Dessert</b>	Fresh fruit salad	Crunchy summer crumble and Greek yogurt	Semolina with fruit compote	Fruit tart and vanilla sauce	Fruit yogurt
<b>Afternoon Snack</b>	Rice cake with grapes	Fruit Loaf with pineapple cubes	Cheese cubes, cherry tomatoes, cucumber and apple slices	Oat cake banana slices	Breadstick with slices of pear
<b>High Tea</b>	Sweet potato and lentil soup with a buttered roll	Chicken and vegetable couscous salad with cheesy garlic bread	Spicy vegetable packed rice	Creamy potato, cheese and onion pie with peas and sweetcorn	Salmon and broccoli pasta bake
<b>Dessert</b>	Rice pudding and apricots	Fruit set in a milk jelly	Mandarins and Greek yogurt	Tropical fruit salad	Bananas and chocolate custard