

**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 orange segments	Rice cake and Cucumber circles	Buttered cracker with sliced pears	Breadstick and apple quarters	Melba toast and banana slices
<b>Main</b>	Butternut squash and chickpea curry with brown rice	Savory mince with creamy mash potato, peas and carrots	Tuna pasta bake with salad and homemade coleslaw	Chicken and vegetable chow Mein	Boiled ham, new potatoes, peas and carrots and parsley sauce
<b>Dessert</b>	Ice cream with a fruit coulis topping	Crunchy summer crumble and Greek yogurt	Rice pudding and apricots	Tropical fruit salad	Fruit tart and cream
<b>Afternoon Snack</b>	Rice cake with pepper slices	Fruit Loaf with pineapple cubes	Cheese slices, 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	Various filled sandwiches	Cream cheese and ham bagels with vegetable sticks	Salmon and broccoli pasta bake
<b>Dessert</b>	Semolina with fruit compote	Fruit set in a milk jelly	Fresh fruit platter	Mandarins and Greek yogurt	Bananas and chocolate custard