St. Mary's School, Melrose

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK 1
Breakfast	A selection of cereals, porridge, toast, with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	A selection of cereals, porridge, toast, with butter, jam, marmalade, marmite, orange juice, milk and yoghurts Bacon rolls	A selection of cereals, porridge, toast, croissants with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	A selection of cereals, porridge, toast, pain au chocolate with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	Oven cooked breakfast of sausages, bacon, eggs, hash browns, baked beans, toast, orange juice and milk	
Soup	Lentil	Roasted red pepper	Tomato	Vegetable	Leek and potato	
Main	Chicken jalfrezi with pilau rice	Tacos, chilli, chicken etc	Macaroni Cheese	Steak pie	Breaded haddock	
Vegan	chickpea jalfrezi curry	Charred corn and bean taco	Vegetable pesto pasta	Soya mince pie	Vegan sausage & vegetables	
Carbohydrates	Chickpeas, rice	Tacos	salad	Hot Potato dish	Chips, Baked beans	
Vegetables	Salad bar	Salad bar	Salad bar, seasonal vegetables	Vegetables	Peas and sweetcorn	
Dessert	Warm fruit and yoghurt	Apple crumble and custard	Fruit and yoghurt	Baked Rice Pudding and Jam	Fruit and yoghurt	
Snack	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	
Supper	Mince	Chicken or vegetable lasagne	Beef Chilli	Toad in the Hole		
Carbohydrates	Mashed potatoes	Garlic bread	Wedges	Potatoes		
Vegetables	Vegetables	Salad	Salad	Vegetables		

On occasion, menus may have to be altered at short notice, while ensuring a balanced diet is maintained.