St. Mary's School, Melrose

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK 3
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	Leek and Potato	Tomato	Sweet Potato & Red Pepper	Vegetable	
Main	Sausage casserole	Tacos, chilli, chicken etc	Lasagne	Chicken vol au vents	Battered haddock	
Vegetarian	Vegan sausage casserole	Fried bean and mushroom tacos	Vegetarian lasagne	Vegetarian vol au vents	Plant based burger	
Carbohydrates	Potatoes	Tacos	Pasta a	Hot Potato dish	chips	
Vegetables	Vegetables	Salad bar	Salad bar	Mixed vegetables	Salad bar, peas	
Dessert	Warm fruit and yoghurts	Semolina	Fruit and yoghurts	Apple strudel	Fruit and yoghurts	
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	Chicken and ham pie	Macaroni Cheese	Chicken fajita wraps	Cottage Pie		
Carbohydrates	Potatoes	Pasta	Wrap	Potatoes		
Vegetables	Vegetables	Salad	Salad bar and veg	Vegetables		

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