St. Mary's School, Melrose

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK 4
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	Carrot and orange	Lentil	Tomato	Leek & potato	Vegetable	
Main	Chicken chow mien	Tacos, chilli, chicken etc	Smoked sausage pasta	Roast chicken	Fish	
Vegan	Vegetable chow mien	Chipotle bean taco	Spicey vegan sausage	Roast tofu and veg	Vegan sausage roll	
Carbohydrates	Rice, noodles	Taco	Pasta	Potatoes	Chips	
Vegetables	Vegetables	Salad bar	Seasonal vegetables	Carrots	Salad bar	
Dessert	Warm Fruit and yog	Rice pudding and fruit	Yoghurt and fruit	Hot chocolate fudge cake	Yoghurt and fruit	
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	Sausage casserole	Pizza and coleslaw	Garlic and tomato chicken goujons	Beef stir fry		
Carbohydrates	Yorkshire puddings	Pizza	Sweet potato fries	Rice		
Vegetables	Selection of vegetables, salad bar	Salad bar	Salad	Salad bar		

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