

Menu - week 1

BREAKFAST :- Toast with a selection of spreads or a choice of cereals and fresh/dried fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Jacket potato, beans & cheese Fruit Yoghurts	<u>LUNCH</u> Corn beef hash & peas Natural yoghurt & honey (maple syrup up) raisins & oats	<u>LUNCH</u> 3 Bean Casserole with couscous Banana & custard	<u>LUNCH</u> Vegetable curry with brown rice & raita Fresh fruit salad	<u>LUNCH</u> Roast chicken & potatoes with broccoli & peas Pineapple upside down cake
<u>TEA</u> Homemade tomato soup Fruit Loaf	<u>TEA</u> Sandwiches with cucumber sticks Melon	<u>TEA</u> Potato wedges Apples & pears	<u>TEA</u> Cream cheese & crackers with tomatoes & cucumber Flapjack	<u>TEA</u> Pitta bread & Tomato hummus Oranges & apples

Menu - week 2

BREAKFAST :- Toast with a selection of spreads or a choice of cereals and fresh/dried fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Quorn chilli with brown rice & sour cream Bananas & natural yoghurt	<u>LUNCH</u> Vegetable pasta & Garlic Bread Winter compote with cream	<u>LUNCH</u> Autumn casserole with potatoes Fruit yoghurts	<u>LUNCH</u> Roast chicken & potatoes with savoy cabbage & peas Apple cake & custard	<u>LUNCH</u> Cowboy pie Peaches & evaporated milk
<u>TEA</u> Crackers with cream cheese & cucumber Apples & oranges	<u>TEA</u> Muffin pizzas with tomato wedges Pears	<u>TEA</u> Beans on toast Bananas	<u>TEA</u> Rice cakes with hummus & cucumber Melon	<u>TEA</u> Sandwiches & cucumber Raisin & oat cookies

Menu - week 3

BREAKFAST :- Toast with a selection of spreads or a choice of cereals and fresh/dried fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Quorn spaghetti bolognaise Ice cream and fruit coulis	<u>LUNCH</u> Bacon & pea risotto Fruit yoghurts	<u>LUNCH</u> Sausages with green beans, sweetcorn and roast potatoes Jolly jelly & fromage frais	<u>LUNCH</u> 3 Bean chilli with Rice Bananas & custard	<u>LUNCH</u> Winter Compote Rice pudding
<u>TEA</u> Carrot waffles with cucumber sticks Apples	<u>TEA</u> Crackerbreads with marmite/cream cheese and pickle Bananas	<u>TEA</u> Sandwiches with carrot sticks Iced sponge	<u>TEA</u> Potato wedges and carrot sticks Fromage frais	<u>TEA</u> Savory pinwheels Oranges

Menu - week 4

BREAKFAST :- Toast with a selection of spreads or a choice of cereals and fresh/dried fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Jambalaya with garlic bread Fruit Sorbet	<u>LUNCH</u> Roast chicken & potatoes with stuffing & carrots Bread & butter pudding	<u>LUNCH</u> Cottage pie Fruit jelly	<u>LUNCH</u> Vegetable crumble Apple Crumble & Evap	<u>LUNCH</u> Cauliflower & macaroni cheese bake with peas Fruit yoghurts
<u>TEA</u> Wraps with tomato wedges Crumpets & jam	<u>TEA</u> Spaghetti on toast Kiwi & apples	<u>TEA</u> Homemade potato & leek soup Bananas	<u>TEA</u> Beans on Toast Apples & oranges	<u>TEA</u> Potato wedges Fresh fruit