

Menu - week 1

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> 3 Bean Casserole with brown rice Malt Loaf with Evap Fruit	<u>LUNCH</u> Spaghetti Bolognaise Bananas & Custard with dates Fruit	<u>LUNCH</u> Jacket potato, beans & cheese Custard, oats and berries Fruit	<u>LUNCH</u> Chicken casserole with potatoes & Peas Rice Pudding Fruit	<u>LUNCH</u> Quorn chili with brown rice Fruit Yoghurts Fruit
<u>TEA</u> Spaghetti hoops on toast Pears	<u>TEA</u> Tomato soup with bread Kiwis	<u>TEA</u> Crumpets with marmite, ham & tomatoes Apples	<u>TEA</u> Potato waffles with tomatoes, cucumber and dip! Bananas	<u>TEA</u> Savoury scones & tomatoes Oranges & Apples

Menu - week 2

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Quorn Goulash Fromage Fraise Fruit	<u>LUNCH</u> Jacket potato with Mexican bean topping Winter compote with Evap milk	<u>LUNCH</u> Tomato and Basil pasta & garlic bread Fruit yoghurts Fruit	<u>LUNCH</u> Vegetable pasta with grated cheese Peaches & Evap Fruit	<u>LUNCH</u> Roast chicken dinner Bananas & custard with raisins Fruit
<u>TEA</u> Vegetable soup with bread Bananas	<u>TEA</u> Rice cakes & hummus with tomatoes Pears	<u>TEA</u> Cream cheese, crackers & tomatoes Apples	<u>TEA</u> Beans on toast Bananas	<u>TEA</u> Carrot Waffles & tomato sauce with cucumber/red pepper slices Kiwis

