

Menu - week 1

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Tuna & Sweetcorn Herb Pasta	<u>LUNCH</u> Creamy Chicken & Bean Bake with rice and peas	<u>LUNCH</u> Jacket Potato, Cheese & Coleslaw	<u>LUNCH</u> Lemon & Broccoli Pasta with Parmesan	<u>LUNCH</u> Sweet Potato & Chickpea casserole with cous cous
Banana's & Vanilla Ice Cream	Fruit Yogurt	Mixed Fruit Salad	Strawberries & cream	Fromage Frais
<u>TEA</u> Toast with Hummus & Pepper sticks	<u>TEA</u> Crispbread with sweet chilli cream cheese & cucumber	<u>TEA</u> Beans on Toast	<u>TEA</u> Rice Cakes with Tuna Mayo spread & tomatoes	<u>TEA</u> Cheese or Marmite sandwiches with pepper sticks
Pears	Melon	Kiwis	Oranges	Apples

Milk and water served with all meals

Menu - week 2

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Jacket Potato, Cheese & beans Natural Yoghurt, Oats & Raisins	<u>LUNCH</u> Homemade Broccoli & Cheese soup with crusty bread Banana Loaf	<u>LUNCH</u> Mini Ploughmans Fromage Frais	<u>LUNCH</u> Spaghetti Bolognese & Garlic Bread Summer Compote & Cream	<u>LUNCH</u> Chicken Dinner- potatoes, peas, broccoli, carrots & Gravy Jelly & Fruit
<u>TEA</u> Melba Toast with cream cheese & Cucumber Melon	<u>TEA</u> Beans on Toast Kiwis	<u>TEA</u> Chicken & Sweetcorn soup with bread Apples	<u>TEA</u> Fruit Toast with Berries Pears	<u>TEA</u> Tuna Mayo sandwiches & pepper sticks Oranges

Milk and water served with all meals