

## Menu - week 1

BREAKFAST :- a selection of cereals and fresh fruit

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<u>LUNCH</u> Vegetable Pasta Bake  Fromage Frais  Fruit	<u>LUNCH</u> Vegetable Curry and rice  Fruit Yoghurts  Fruit	<u>LUNCH</u> Jacket Potato Cheese & Beans  Banana loaf  Fruit	<u>LUNCH</u> Roast chicken dinner  Fruit yoghurts  Fruit	<u>LUNCH</u> Tuna pasta bake with cheese  Winter Compote  Fruit
<u>TEA</u> Tomato soup with bread  Pears	<u>TEA</u> Beans on toast  Apples	<u>TEA</u> Crumpets with marmite & tomatoes  Kiwis	<u>TEA</u> Cream Cheese, crackers and cucumber  Bananas	<u>TEA</u> Sweet potato wedges and tomatoes with mayonnaise  Oranges & Apples

## Menu - week 2

BREAKFAST :- a selection of cereals and fresh fruit

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><u>LUNCH</u> Three bean chilli with rice</p> <p>Peaches &amp; Evap</p> <p>Fruit</p>	<p><u>LUNCH</u> Jacket potato with tuna, sweetcorn</p> <p>Fruit loaf</p> <p>Fruit</p>	<p><u>LUNCH</u> Tomato and Basil pasta with garlic bread</p> <p>Fruit yoghurts</p> <p>Fruit</p>	<p><u>LUNCH</u> Vegetable pasta</p> <p>Winter compote</p> <p>Fruit</p>	<p><u>LUNCH</u> Chicken casserole with potatoes &amp; Peas</p> <p>Fromage Frais</p> <p>Fruit</p>
<p><u>TEA</u> Tuna or cream cheese sandwiches, cucumber wedges</p> <p>Bananas</p>	<p><u>TEA</u> Rice cakes &amp; hummus with tomatoes</p> <p>Pears</p>	<p><u>TEA</u> Cream cheese, crackers &amp; pepper sticks</p> <p>Apples</p>	<p><u>TEA</u> Jacket wedges with curry dip and cucumber sticks</p> <p>Apples</p>	<p><u>TEA</u> Beans on toast</p> <p>Kiwis</p>