

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> Tuna Pasta Fromage Frais Fruit	<u>LUNCH</u> Vegetable Curry and naan bread Fruit Yoghurts Fruit	<u>LUNCH</u> 3 Bean Casserole with brown rice Banana loaf Fruit	<u>LUNCH</u> Chicken casserole with potatoes & Peas Fruit yoghurts Fruit	<u>LUNCH</u> Courgette & Leek pasta bake Bananas & Custard Fruit
<u>TEA</u> Crumpets with marmite & tomatoes Pears	<u>TEA</u> Tomato soup with bread Kiwis	<u>TEA</u> Carrot waffles with tomatoes, cucumber and dip! Apples	<u>TEA</u> Free choice sandwiches with cucumber <small>(lemon curd, cucumber, marmite, cream cheese...)</small> Bananas & Pears	<u>TEA</u> Fruit loaf 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> Vegetable chilli with rice Peaches & Evap Fruit	<u>LUNCH</u> Jacket potato with tuna, sweetcorn & cucumber Winter compote	<u>LUNCH</u> Tomato and Basil pasta & garlic bread Fruit yoghurts Fruit	<u>LUNCH</u> Vegetable pasta Fruit loaf Fruit	<u>LUNCH</u> Roast chicken dinner Fromage Frais Fruit
<u>TEA</u> Cheese sandwiches, cucumber wedges Bananas	<u>TEA</u> Rice cakes & hummus with tomatoes Pears	<u>TEA</u> Cream cheese, crackers & tomatoes Apples	<u>TEA</u> Hummus & veg sticks <small>(carrot, cucumber & bread sticks)</small> Bananas	<u>TEA</u> Beans on toast Kiwis