

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, coleslaw & cheese Peaches & Evap	<u>LUNCH</u> Ham and red pepper Pizza with shredded carrot, cucumber & tomato Fruit (mandarins) Jelly	<u>LUNCH</u> Gazpacho with Cucumber & Red pepper sticks & garlic bread Natural yogurt with oats & bananas	<u>LUNCH</u> Lemon, broccoli pasta with parmesan Summer compote with Evap	<u>LUNCH</u> Summer casserole (chicken) with couscous Peach melba
<u>TEA</u> Tomato soup with bread Pears	<u>TEA</u> Rice cakes & cream cheese with tomato wedges Melon Medley	<u>TEA</u> Spaghetti hoops on toast Apples & pears	<u>TEA</u> Crispbread with sweet chilli cream cheese, tomatoes & cucumber Bananas	<u>TEA</u> Crackers & cheese with cucumber & red pepper sticks Apples

Milk and water served with all meals

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> Vegetable pasta with garlic bread Fruit Yoghurts Fruit	<u>LUNCH</u> Black bean tacos with salad and dip Summer compote with cream	<u>LUNCH</u> Turkey, cheese and salad plate with dips Frozen yoghurt bark with blueberries	<u>LUNCH</u> Roast chicken dinner Ice cream & mandarins	<u>LUNCH</u> Jacket potato with cheese & beans Bananas & custard
<u>TEA</u> Crispbread with cheese & grated carrot Bananas	<u>TEA</u> Carrot Waffles & sauce with cucumber & Red pepper sticks Pears	<u>TEA</u> Rice cakes & hummus with baby tomatoes Kiwis	<u>TEA</u> Beans on toast Bananas	<u>TEA</u> Cheese or marmite sandwiches with cucumber slices Melon

Milk and water served with all meals