

Week 1

WINTER MENU

	Breakfast 8-9.15am	Lunch 12.00am	Tea 3.30pm	High Tea 5pm
Monday	Banana Slices, Wheatabix, Cornflakes, Rice Crispiess Water, Juice	Shepherds Pie with Potatoes, Broccoli & Swede Rice Pudding & Jam Water	Savoury Wholemeal & Savoury White Muffins with Butter and Ham, Quorn, sliced Cucumber & Grated Carrot Fillings Fromage Frias Water, Juice	Melon Chunks & Sliced Red Grapes Water
Tuesday	Chopped Orange Bran Flakes, Wheatabix, Rice Crispiess Water, Juice	Fish Fingers with Mixed Vegetables, Mashed Potato Banana & Custard Water	Wholemeal & White Pitta Bread with Chicken & Quorn Slices, chopped Lettuce, Cucumber & Tomato Carrot Cake Water, Juice	Apple and Raisins Water
Wednesday	Sliced Grapes, Shredded Wheat, Rice Crispiess, Wheatabix Water, Juice	Macaroni Cheese & Beans Seasonal Fruit Crumble & Ice Cream Water	Homemade Cream of Vegetable Soup with sliced Wholemeal & White French Stick Malt Loaf & Tangerine Water, Juice	Raisins & Kiwi Water
Thursday	Pear Slices, Cornflakes, Wheatabix, Malt Wheats Water, Juice	Roast Chicken with Potatoes, Stuffing, Carrots & Cabbage Fruit Salad and Fresh Cream Water	Wholemeal & White Bread Sandwiches with Cheese, Jam, Marmite, Butter & Tortilla Chips Shortbread Biscuit with Banana Slices Water, Juice	Sliced Green Grapes and Plum Water
Friday	Melon Cubes, Wheatabix, Bran Flakes, Rice Crispiess Water, Juice	Sweet & Sour Chicken with Wholemeal & White Rice, Prawn Crackers Milk Jelly & Fruit Water	Toad in the 'Roots' Hole Apricot & Plain Flapjack Water, Juice	Pear & Banana Slices Water