

Week 4**WINTER MENU**

	Breakfast 9am	Lunch 11.45am	Tea 3.30pm	Snack 5pm
Monday	Banana Slices, Wheatabix, Rice Crispies, Malt Wheats Water, Juice	Baked Potatoes with Bolognaise Fruit Sundae Water	Beans & Sausages on Wholemeal & White Toast, Sprinkled with Grated Cheese Yoghurt, Melon & Kiwi Water, Juice	Apple Slices & Raisins Water
Tuesday	Raisins, Cornflakes, Wheatabix, Rice Crispies Water, Juice	Turkey & Vegetable Goulash with Wholemeal & White Rice Rhubarb Crunch & Custard Water	Homemade Carrot & Coriander Soup with Sliced Wholemeal & White French Stick Banana Cake & Apple Water, Juice	Melon & Kiwi Water
Wednesday	Tangerine Segements, Shredded Wheat, Rice Crispies, Wheatabix Water, Juice	Meatballs with Wholemeal & White Pasta & Mixed Vegetables Eves Pudding & Custard Water	Toasted Savoury Muffins Plain or with Grated Cheese , Chopped Lettuce, Grated Carrot & Diced Cucumber Fromage Frais Water, Juice	Pear & Red Grapes Water
Thursday	Raisins, Branflakes, Rice Crispies, Wheatabix Water, Juice	Tuna Puffs with Broccoli, Carrots & Potatoes Hot Spiced Banana's & Cream Water	Dips - Tomato, Mayonnaise, BBQ Dunkers - Bread Sticks and Melba Toasties, Fish Finger Chunks, Chicken Dippers, Carrot and Cucumber Batons Melon & Yoghurt Water, Juice	Plums & Green Grapes Water
Friday	Grapes, Wheatabix, Cornflakes, Malt Wheats Water, Juice	Lamb Cobbler (Carrots, Celery, Onion, Swede, Lamb & Gravy with Potato Topping) Fresh Fruit Salad with Dream Topping Water	Princess Pesto Pasta Toffee Yoghurt Cake with Apple Slices Water, Juice	Malt Loaf & Butter Water