

Menu - week 1

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Tuna Herb Pasta	<u>LUNCH</u> Vegetable Sweet & Sour with Noodles	<u>LUNCH</u> Sausage Orzo	<u>LUNCH</u> Jacket Potato, Cheese & Coleslaw	<u>LUNCH</u> Sweet Potato & Chickpea casserole with cous cous
Banana's & Vanilla Ice Cream	Fruit Yogurt	Summer compote with Plant Based Cream	Mixed Fruit Salad	Fromage Frais
<u>TEA</u> Crispbread with sweet chilli cream cheese & cucumber	<u>TEA</u> Beans on Toast	<u>TEA</u> Fruit toast & Berries	<u>TEA</u> Cheese or Marmite sandwiches with pepper sticks	<u>TEA</u> Rice Cakes with Tuna Mayo spread & tomatoes
Kiwi	Melon Medley	Oranges	Pears	Apples

Milk and water served with all meals

Menu - week 2

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Jacket Potato, Cheese & beans Natural Yoghurt, Oats & Raisins	<u>LUNCH</u> Homemade Broccoli & Cheese soup with crusty bread Banana Loaf	<u>LUNCH</u> Mini Ploughmans Fruit Yoghurt	<u>LUNCH</u> Chicken Dinner- baby potatoes, broccoli, peas & Gravy Peaches & Plant Based Cream	<u>LUNCH</u> Lemon & Broccoli Pasta with Parmesan Banana's & Custard
<u>TEA</u> Rice cakes with Hummus & Pepper sticks Apples	<u>TEA</u> Tuna Mayo Sandwiches & Tomatoes Kiwi	<u>TEA</u> Beans on Toast Melon	<u>TEA</u> Crispbread with Cream cheese & Cucumber Oranges	<u>TEA</u> Chicken & Sweetcorn soup with bread Pears

Milk and water served with all meals