

SAMPLE MENU

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Porridge	Lamb casserole with fresh vegetables	Vegetable casserole	Jelly and mixed fruit	Breadsticks	Savoury cheese baguette and melon with a fresh fruit platter
Tuesday	Toast with a variety of spreads	Mixed bean and vegetable curry with rice	Mixed bean and vegetable curry with rice	Bananas and custard	Fruity rice cakes with fresh fruit	Sausage and tomato finger rolls and cheese twists with a fresh fruit platter
Wednesday	Cereal	Turkey & mixed vegetables in a tangy tomato sauce with diced potatoes	Mixed vegetables in a tangy tomato sauce with diced potatoes	Arctic roll with orange and melon slices	Oatcakes and cheese cubes / slices	Tuna crunch wraps and banana chips with a fresh fruit platter
Thursday	Weetabix	Fish, broccoli, peas and potatoes in a cheesy sauce	Broccoli, peas and potatoes in a cheesy sauce with beans	Apple crumble and cream with apple fingers	Rice cracker selection	Crumpets, rolled turkey slices and fromage frais with a fresh fruit platter
Friday	Toast with a variety of spreads	Ham and spinach pasta bake	Tomato, spinach and leek pasta bake	Peach flan	Carrot, celery, cucumber & pepper sticks with wholemeal pitta fingers	Cheese and tomato on toast and mixed dried fruits with a fresh fruit platter

All meals are accompanied with fresh fruit and platters consist of at least 3 fruit varieties

