Menu week 4

All our meals are home made with ingredients low in fat, sugar and salt wherever possible.

Alternatives will be provided if necessary according to individual diets.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Toast or Fruit  Milk/water | Breadsticks carrot batons and dip or Fruit  Milk/water | Melba Toast or Fruit  Milk/water | Banana Loaf or Fruit  Milk/water | Selection of Fresh fruit or Fruit loaf  Milk/water |
| **Lunch** | Jacket potatoes with tuna or beans  Juice/water  Fruit Salad | Beef stroganoff and rice  Juice/water  Choice of Low fat yoghurt | Cornbeef Ash  Juice/water  Blueberry Muffins | Lasagne, peas and carrots.  Juice/water  Tinned peaches and ice cream | Roast Chicken dinner  Juice/water  Chocolate sponge and custard |
| **Afternoon Snack** | Selection of fruit or rice cakes  Milk/Water | Fruit Loaf or Fruit  Milk/Water | Fruit or tea cake  Milk/Water | Home-made scones and fruit jam or fruit  Milk/Water | Rice cakes and peanut butter or fruit  Milk/Water |
| **Tea** | Pancakes  Water | Toast  Water | Crackers  Water | Toast  Water | Crumpets  Water |

Autumn,Winter Menu: October-March