Menu week 1

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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Breadsticks, carrot batons or FruitMilk/water | Selection of fresh fruit or rice cakes.Milk/water | Home –made Scones or FruitMilk/water | Toast or FruitMilk/water | Oat biscuit or FruitMilk/water |
| **Lunch** | Ham and Mushroom CarbonaraJuice/waterFruit yoghurt  | Mince and pea/Quorn curry(v)and rice, poppadum’sMilkshake/waterBananas and custard | Chicken Chasseur and rice or new potatoes Juice/waterHome-made Flapjack | Fish pie and vegetables Juice/waterIce cream roll | Jacket potatoes with Cheese or BeansJuice/waterHome-made Rice pudding |
| **Afternoon Snack** | Banana loaf or fruitMilk/Water | Crackers with butter or cheese or FruitMilk/Water | Cucumber and carrot batons and humus or fruitMilk/Water |  Half a fruit tea cake or fruitMilk/Water | Selection of fresh fruit or melba toastMilk/Water |
| **Tea** | Melba Toast and soft cheeseMilk/Water | ToastMilk/Water | CrumpetsMilk/Water | PancakesMilk/Water | ToastMilk/Water |

 Autumn- Winter Menu: October-March