Menu week 2

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** | Selection of fresh fruit or Melba Toast  Milk/water | Oatcake with peanut butter or Fruit  Milk/water | Home-made ginger biscuit and raisins or Fruit  Milk/water | Fruit Loaf or Fruit  Milk/water | Breadsticks, carrot batons and dip or Fruit  Milk/water |
| **Lunch** | Fish cakes, croquets and beans  Juice/water  Fruit Crumble | Macaroni cheese and cauliflower and garlic bread  Juice/water  Fruit jelly and ice cream | Mince Cobbler and  cabbage  Juice/water  Choice of Low fat Yoghurt | Chicken Supreme and rice  Juice/water  Jam Sponge and custard | Cottage pie with peas and carrots  Juice/water  Chocolate crispie cakes. |
| **Afternoon Snack** | Rice cakes or Fruit  Milk/Water | Selection of fresh fruit or fruit loaf  Milk/Water | Half a plain bagel and soft cheese OR Fruit  Milk/Water | Cucumber and carrot batons and humous or fruit  Milk/Water | Oatcake or Fruit  Milk/Water |
| **Tea** | Toast  Milk/Water | Pancakes  Milk/Water | Toasted Tea cake  Milk/Water | Toast  Milk/Water | Crumpet  Milk/Water |

Autumn- Winter Menu-October-March