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 ToastMilk/water | Oatcake with peanut butter or FruitMilk/water | Home-made ginger biscuit and raisins or FruitMilk/water | Fruit Loaf or FruitMilk/water | Breadsticks, carrot batons and dip or FruitMilk/water |
| **Lunch** | Fish cakes, croquets and beansJuice/waterFruit Crumble | Macaroni cheese and cauliflower and garlic breadJuice/waterFruit jelly and ice cream | Mince Cobbler and cabbageJuice/waterChoice of Low fat Yoghurt | Chicken Supreme and riceJuice/waterJam Sponge and custard | Cottage pie with peas and carrotsJuice/waterChocolate crispie cakes. |
| **Afternoon Snack** | Rice cakes or FruitMilk/Water | Selection of fresh fruit or fruit loafMilk/Water | Half a plain bagel and soft cheese OR FruitMilk/Water | Cucumber and carrot batons and humous or fruitMilk/Water | Oatcake or FruitMilk/Water |
| **Tea** | ToastMilk/Water | PancakesMilk/Water | Toasted Tea cakeMilk/Water | ToastMilk/Water | CrumpetMilk/Water |

Autumn- Winter Menu-October-March