

MENU Week One



Breakfast

Monday
A selection of cereals
Brown bread toast

Tuesday
A selection of cereals
Brown bread toast

Wednesday
A selection of cereals
Brown bread toast

Thursday
A selection of cereals
Brown bread toast

Friday
A selection of cereals
Brown bread toast



Snack

Monday
Toasted tea cakes
and butter

Tuesday
Apple

Wednesday
Cracker and cheese
Spread

Thursday
Banana

Friday
Crumpet



Lunch

Monday
Vegetable curry
with cous cous

Tuesday
Beef and onion pie with
mashed potato and
vegetables

Wednesday
Roast gammon, roast
potatoes, 2 vegetables
and gravy

Thursday
Chicken casserole with new
potatoes and peas

Friday
Fish mornay with mashed
potatoes and sweetcorn

Vegetarian Option

Monday
As above

Tuesday
Vegetables pie with
mashed potatoes and
vegetables

Wednesday
Quorn roast, roast
Potatoes, 2 vegetables
and gravy

Thursday
Vegetable casserole with
new potatoes and peas

Friday
Vegetable mornay with
mashed potatoes and
sweetcorn

Monday
Apple pie and custard

Tuesday
Fresh fruit

Wednesday
Yoghurt

Thursday
Jam sponge

Friday
Fresh fruit



Snack

Monday
Satsuma

Tuesday
Pretzels and cheese cubes

Wednesday
Grapes

Thursday
Breadsticks with dip

Friday
Rice cakes



Tea

Monday
Jacket potato with Beans

Tuesday
Homemade pizza with
Vegetables sticks

Wednesday
Penne napoli

Thursday
Sausages rolls with hoops

Friday
Sandwiches with
vegetables sticks

Monday
Yoghurt

Tuesday
Treacle sponge

Wednesday
Chocolate sponge with
chocolate custard

Thursday
Fresh fruit salad

Friday
Homemade cookies

All meals are homemade and freshly prepared on the premises
Vegetablesan options available to all meals and puddings