

MENU - Week Two



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-------------------------------------|--|--|--|---|
| Breakfast | A selection of cereals or toast | A selection of cereals or toast | A selection of cereals or toast | A selection of cereals or toast | A selection of cereals or toast |
| AM snack | Rice cakes | Breakfast muffin | Banana | Teacakes | Blueberries |
| Lunch | Tuna pasta bake with garlic bread | Roast gammon, roast sweet potatoes, vegetables and gravy | Vegetable lasagne | Beef stew, dumplings and mash | Chicken and mushroom pie and mash |
| Vegetarian | Pasta bake and garlic bread | Quorn, roast potatoes Vegetables and gravy | Same as above | Vegetable stew and mash | Sweet potato and mushroom pie with vegetables |
| Pudding | Fromage frais | Strawberries | Fruit yoghurt | Lemon drizzle cake | Winter spiced baked pear |
| PM snack | Grapes | Apple | Scone and jam | Blackberries | Scotch pancake |
| Tea | Welsh rarebit and vegetables sticks | Jacket potato, cheese and beans | Assorted sandwiches and vegetable sticks | Sausage rolls/ cheese rolls with spaghetti hoops | Mozzarella and tomato pasta bake |
| Pudding | Jam bun | Gingerbread man | Chocolate cake and chocolate custard | Clementine | Greek yoghurt |

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