



Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals, toast with a selection of spreads				
Snack	Fresh Fruit	Oat cakes and cheese spread	Fresh Fruit	Breadsticks and cheese cubes	Fresh Fruit
Lunch	Fish Cakes	Macaroni	Chicken and Vegetable Pie	Chilli Con Carnie	Jacket potato with Cheese and Beans
Vegetarian	Vegetable Fingers	Macaroni	Vegetable Pie	Vegetarian Chilli Con Carnie	Jacket potato with Cheese and Beans
Carbohydrates	Potato Croquettes	Pasta	Mashed Potato	Rice	Jacket Potato
Vegetables	Broccoli	Carrots and Green Beans	Sweetcorn	Peas	Fresh Salad
Pudding	Ice cream	Fruit pieces in jelly	Fruit mousse	Flapjack	Fruit Yogurt
Tea	Sandwiches Ham/chicken/cheese	Sausage rolls and Salad sticks	Pitta bread spreads and salad	Chicken/Vegetable Soup and bread rolls	Crumpets with a Choice of spreads
Babies tea	Lasagne	Sausage casserole	Fish pie	Cottage pie	Chicken and bacon pasta bake
Pudding	Fruit Salad	Fruit yogurt	Fairy cake	Fresh fruit	Dried fruit