

Food Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
10.30am Snack	Crackers with cheese spread. Fruit plate.	Toast (plain/cheese/ham). Fruit plate.	Rice cake with chopped banana. Fruit plate.	Crackers with jam. Fruit plate.	Bread sticks and or toast with cheese and grapes. Fruit plate
1pm Snack	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.
Dinner	Vegetable Pasta Bake	Spaghetti bolognaise (beef/Quorn) with garlic bread	Roast chicken/Quorn, veg and potatoes with gravy	Beef/Quorn curry and boiled rice	Fish fingers, wedges and beans.
Week Two					
10.30am Snack	Toast (plain/cheese/ham). Fruit plate.	Crackers with jam. Fruit plate.	Bread sticks and or toast with cheese and grapes. Fruit plate	Rice cake with chopped banana. Fruit plate.	Crackers with cheese spread. Fruit plate.
1pm Snack	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.
Dinner	Vegetable pasta with tuna	Chilli con carne (beef/Quorn) and rice with garlic bread	Beef/Quorn stew with potatoes	Chicken/Quorn wraps and rice	Sausages (pork/veg) and chips with spaghetti hoops
Week Three					
10.30am Snack	Rice cake with chopped banana. Fruit plate.	Crackers with cheese spread. Fruit plate.	Toast (plain/cheese/ham). Fruit plate.	Crackers with jam. Fruit plate.	Bread sticks/ toast with cheese and grapes. Fruit plate
1pm Snack	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.	Selection of sandwiches and wraps. Choice of fruit.
Dinner	Vegetable risotto with garlic bread	Chicken/Quorn and broccoli with pasta	Fish fingers, mash and beans	Meatballs (beef/Quorn) in tomato sauce with rice	Scrambled egg with waffles and beans/hoops

