Menu Week 3

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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Half a fruit bagel or fruit  Milk/water | Fruit Loaf or fruit  Milk/water | Selection of Fresh Fruit or Toast  Milk/water | Crackers with butter or soft cheese or Fruit  Milk/water | Slices of Melon or  Breadsticks and dip  Milk/water |
| **Lunch** | Toad in the Hole with mixed veg and gravy  Juice/water  Jelly and cream | Cheese and onion pie and salad  Juice/water  Eves Pudding and custard | Spaghetti  bolognese  Juice/water  Sliced banana and Angel Delight | Chicken/quorn curry(v) rice and poppadoms  Juice/water    Chocolate Brownies | Fish fingers, carrot waffles and peas  Juice/water  Choice of low fat Yoghurt |
| **Afternoon Snack** | Ginger biscuit or Fruit  Milk/Water | Home-made scones or fruit  Milk/Water | Cucumber/carrot batons and humous or fruit  Milk/Water | Selection of fresh fruit  Milk/Water | Rice cakes and peanut butter or fruit  Milk/Water |
| **Tea** | Pancakes  Water | Melba toast and soft cheese  Water | Toast  Water | Crumpets  Water | Crackers and cheese  Water |

Autumn,Winter Menu: October-March