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.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Half a fruit bagel or fruitMilk/water | Fruit Loaf or fruitMilk/water | Selection of Fresh Fruit or ToastMilk/water | Crackers with butter or soft cheese or FruitMilk/water |  Slices of Melon or Breadsticks and dipMilk/water |
| **Lunch** | Toad in the Hole with mixed veg and gravyJuice/waterJelly and cream | Cheese and onion pie and saladJuice/waterEves Pudding and custard | Spaghetti bologneseJuice/waterSliced banana and Angel Delight | Chicken/quorn curry(v) rice and poppadomsJuice/water Chocolate Brownies | Fish fingers, carrot waffles and peas Juice/waterChoice of low fat Yoghurt |
| **Afternoon Snack** | Ginger biscuit or FruitMilk/Water | Home-made scones or fruit Milk/Water | Cucumber/carrot batons and humous or fruit Milk/Water | Selection of fresh fruitMilk/Water | Rice cakes and peanut butter or fruitMilk/Water |
| **Tea** | PancakesWater | Melba toast and soft cheeseWater | ToastWater | CrumpetsWater | Crackers and cheeseWater |

Autumn,Winter Menu: October-March