Menu week 4

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** | Toast or FruitMilk/water | Breadsticks carrot batons and dip or FruitMilk/water | Melba Toast or FruitMilk/water | Banana Loaf or FruitMilk/water | Selection of Fresh fruit or Fruit loafMilk/water |
| **Lunch** | Jacket potatoes with tuna or beansJuice/waterFruit Salad | Beef stroganoff and riceJuice/waterChoice of Low fat yoghurt | Cornbeef Ash Juice/waterBlueberry Muffins | Lasagne, peas and carrots.Juice/waterTinned peaches and ice cream | Roast Chicken dinnerJuice/waterChocolate sponge and custard |
| **Afternoon Snack** | Selection of fruit or rice cakesMilk/Water | Fruit Loaf or FruitMilk/Water | Fruit or tea cakeMilk/Water | Home-made scones and fruit jam or fruitMilk/Water | Rice cakes and peanut butter or fruitMilk/Water |
| **Tea** | PancakesWater | ToastWater | Crackers Water | ToastWater | CrumpetsWater |

Autumn,Winter Menu: October-March