Menu week 1

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** | Breadsticks, carrot batons or Fruit  Milk/water | Selection of fresh fruit or rice cakes.  Milk/water | Home –made Scones or Fruit  Milk/water | Toast or Fruit  Milk/water | Oat biscuit or Fruit  Milk/water |
| **Lunch** | Ham and Mushroom Carbonara  Juice/water  Fruit yoghurt | Mince and pea/Quorn curry(v)and rice, poppadum’s  Milkshake/water  Bananas and custard | Chicken Chasseur and rice or new potatoes  Juice/water  Home-made Flapjack | Fish pie and vegetables  Juice/water  Ice cream roll | Jacket potatoes with Cheese or Beans  Juice/water  Home-made Rice pudding |
| **Afternoon Snack** | Banana loaf or fruit  Milk/Water | Crackers with butter or cheese or Fruit  Milk/Water | Cucumber and carrot batons and humus or fruit  Milk/Water | Half a fruit tea cake or fruit  Milk/Water | Selection of fresh fruit or melba toast  Milk/Water |
| **Tea** | Melba Toast and soft cheese  Milk/Water | Toast  Milk/Water | Crumpets  Milk/Water | Pancakes  Milk/Water | Toast  Milk/Water |

Autumn- Winter Menu: October-March