



Menu – Four

	Breakfast	Lunch	Afternoon Snack	Afternoon Tea
Monday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Homemade mild chilli con carne served on a bed of rice Treacle sponge with white sauce	Fresh fruit slices: apple, satsuma, pear and banana	Crackers and soft cheese with cucumber and carrot sticks Fromage frais
Tuesday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Salmon, sweetcorn and pea pasta bake Vanilla cup cake topped with butter cream and sprinkles	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese) with carrot and cucumber sticks
Wednesday	Porridge or wholemeal toast	Quorn cottage pie served with creamed potatoes and fresh vegetables Chocolate cake with chocolate sauce	Fresh fruit slices: apple, satsuma, pear and banana	Crackers with cheese, sliced pepper and cucumber sticks. Homemade scone with butter and fresh fruit slices
Thursday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Butchers sausages, served with creamy mashed potatoes, broccoli, carrots, peas and onion gravy Strawberry mousse	Fresh fruit slices: apple, satsuma, pear and banana	Spaghetti on toast with grated cheese and cucumber sticks
Friday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Chicken and vegetable curry (containing carrots, chick peas, spinach and sweetcorn) served on a bed of boiled rice Vanilla ice cream	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese / ham) with carrot and cucumber sticks.
	Milk / water	Water	Milk / water	Water