



## Menu – One

	Breakfast	Lunch	Afternoon Snack	Afternoon Tea
Monday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Squished tomato, onion, basil and lentil pasta <b>Ginger sponge with white sauce</b>	<b>Fresh fruit slices: Apple, satsuma, pear and banana</b>	Crackers and grated cheese with carrot and cucumber sticks <b>Fromage frais</b>
Tuesday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Salmon and cod fish pie served with peas and carrots <b>Spotted Dick with cream</b>	<b>Fresh fruit slices: Apple, satsuma, pear and banana</b>	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese) with cucumber and pepper sticks
Wednesday	Porridge or wholemeal toast	Creamy vegetable curry with boiled rice <b>Vanilla ice cream with strawberry sauce</b>	<b>Fresh fruit slices: Apple, satsuma, pear and banana</b>	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / ham / cheese) <b>Sliced Melon</b>
Thursday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Roast of the day served with mashed potatoes, fresh carrots, broccoli, spinach and gravy <b>Jelly and cream</b>	<b>Fresh fruit slices: Apple, satsuma, pear and banana</b>	Beans on toast and carrot and cucumber sticks <b>Fresh fruit slices</b>
Friday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Macaroni with lentils and sliced tomatoes <b>Homemade apple sponge slice with white sauce</b>	<b>Fresh fruit slices: Apple, satsuma, pear and banana</b>	Sandwiches with various fillings on wholemeal and white bread (chicken / tuna / cheese) with carrot and cucumber sticks
	Milk / water	Water	Milk / water	Water