



Menu – Two

	Breakfast	Lunch	Afternoon Snack	Afternoon Tea
Monday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Spaghetti bolognese made with beef mince, onions, carrots and broccoli Fresh fruit salad	Fresh fruit slices: apple, satsuma, pear and banana	Beans on toast with pepper sticks
Tuesday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Salmon fish pie served with curly kale and petit pois Jelly and fresh fruit	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (egg / tuna / cheese) Sliced melon
Wednesday	Porridge or wholemeal toast	Roast pork served with homemade apple sauce, mashed potatoes, carrots, cabbage, broccoli and gravy Peaches in natural juice with vanilla ice cream	Fresh fruit slices: apple, satsuma, pear and banana	Crackers with grated cheese, carrots and celery sticks Fromage frais
Thursday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Creamy cheese and leek pasta bake with lentils and chick peas Homemade banana loaf	Fresh fruit slices: apple, satsuma, pear and banana	Sandwiches with various fillings on wholemeal and white bread (chicken / cucumber / cheese) with carrot and cucumber sticks
Friday	Choice of Weetabix, Cornflakes, Rice Crispies or wholemeal toast with spread	Butchers sausages and tomato risotto with onions, garlic, lentils and chick peas Stewed apples with white sauce	Fresh fruit slices: apple, satsuma, pear and banana	Homemade vegetable soup (carrots, sweet potato, swede, lentils and onions) served with a crusty roll Water melon
	Milk / water	Water	Milk / water	Water