



Sample Menu

Week 1 of 3	Breakfast	AM snack	Lunch	Dessert	Tea
Monday	Choice of cereals and toast Milk and water	Apple sticks and natural yoghurt	Homemade meat free sausage and butterbean casserole, served with crusty bread	Homemade Shortbread	Toasted bagels with cream cheese Kiwi fruit
Tuesday	Choice of cereals and toast Milk and water	Cheese puff pastry stars and raisins	Homemade vegetarian pot pie with new potatoes and gravy	Fruit cocktail	Finger sandwiches with cheese and cucumber Pears
Wednesday	Choice of cereals and toast Milk and water	Rice cakes and baby corn	Cheese and potato pie with green beans	Frozen banana yoghurt bites	Tuna patties with homemade salsa, and carrot sticks Grapes
Thursday	Choice of cereals and toast Milk and water	Carrot stars and bananas	Homemade veggie sausage one pot pasta	Homemade Apple crumble and custard	Cheese and tomato omelette Muffins & melon
Friday	Choice of cereals and toast Milk and water	Popcorn and pears	Homemade cod bites with mashed potato and peas	Fromage frais	Quorn chicken and rice fritters Raisins