



Our Winter Menu – Week one

Monday

Breakfast – Granola with yoghurt & blueberries

Snack – Banana & Raisins

Lunch – Fish fingers, mashed potato with baked beans followed by fruit crumble & custard

High tea – Ham sandwiches with tomatoes & cucumber followed by framage fraise

Tuesday

Breakfast – Bagel with cream cheese spread

Snack – Assorted fruit

Lunch – Roast gammon with roast potatoes, carrots & green beans followed by

Ice-cream

High Tea – Cheese scones with apple slices followed by fruity jelly

Wednesday

Breakfast – Bacon & tomato omelette

Snack – Malt loaf and pear chunks

Lunch – Macaroni cheese with cucumber sticks & tomatoes followed by apple cake

High Tea – Beans with bread & butter followed by angel delight

Thursday

Breakfast – Rye crackers, cottage cheese with apple slices

Snack – Vegetable crudité's with dips

Lunch – Sausages with potato wedges & peas followed by fresh fruit pieces

High Tea – Pasta salad with grated carrot followed by flapjack

Friday

Breakfast – Porridge with berries

Snack – crackers, cottage cheese & pineapple chunks

Lunch – Chilli con carne & rice with tortilla chips followed by Greek yoghurt

High Tea – Sausage rolls & Veggie sticks followed by oat & raisin cookies

(Toast & Cereal options are available daily at breakfast times)