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| Week 1 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Mackerel pate and toast | Vegetable chilli and rice  Chocolate cookie | Prepared in rooms | Hot dogs in bread rolls  Sugar-free Jelly with fruit |
| Tuesday | Crackers with apple and cheese | Roast dinner, roast potatoes & \*\*veg  Homemade Shortbread | Prepared in rooms | Beans on toast  Homemade Rice pudding |
| Wednesday | Bread sticks, cucumber sticks,  Cream cheese | Fish fingers, homemade potato wedges and mixed vegetables  Mandarin sugar-free jelly | Prepared in rooms | Chicken wraps, cucumber and carrot sticks  Ice cream |
| Thursday | Rice cakes and fruit | Longscroft (cowboy) Casserole\*  Natural Yoghurt and fruit | Prepared in rooms | Fish fingers and peas with croquette potatoes  Chocolate crispy cake |
| Friday | Toasted fruit bread | Lasagne (beef)  Sponge cake with fruit inside | Prepared in rooms | Ham/Cheese toasties  Strawberry mousse |

From 1st February – 31st July 2020

All bread is ‘Best of Both’ or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

\*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

\*\*A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, kidney beans

From 1st February – 31st July 2020

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| --- | --- | --- | --- | --- |
| Week 2 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Rice cakes and fruit | Jacket Potatoes, beans and cheese  Fruit salad | Prepared in rooms | Vegetable pizza  Homemade rice pudding |
| Tuesday | Mackerel pate on crackers with cucumber sticks | Minced beef and vegetable pie with new potatoes  Bananas & custard | Prepared in rooms | Spaghetti on toast  Ice cream |
| Wednesday | Toast and jam | Quorn cottage pie  Yoghurt | Prepared in rooms | Tomato pasta  Chocolate cake |
| Thursday | Crumpets | Fish pie  Homemade rice pudding | Prepared in rooms | Hot dogs with peas and sweetcorn  Angel Delight |
| Friday | Breadsticks with cheese | \*Chicken, sweet potato and vegetable curry  Fruit crumble and ice cream | Prepared in rooms | Cheese/Jam sandwiches, cucumber sticks  Sugar-free Jelly |

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\*\*A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, kidney beans

From 1st February – 31st July 2020

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| --- | --- | --- | --- | --- |
| Week 3 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Mixed fruit | Quorn chicken pizza and salad  Natural Yoghurt with fruit | Prepared in rooms | Spaghetti on toast  Angel Delight |
| Tuesday | Crackers with mackerel pate or cream cheese | Chicken supreme  Fruit and custard | Prepared in rooms | Cheese sandwich with cucumber sticks  Jelly |
| Wednesday | Pitta bread and hummus | Macaroni cheese with ham, peas and broccoli  Ice-cream with fruit | Prepared in rooms | Jacket Potatoes and beans  Rice pudding |
| Thursday | Rice cakes with fruit | Roast chicken, vegetables and roast potatoes  Oaty fruit crunch | Prepared in rooms | Cheese wraps  Chocolate rice crispy cake |
| Friday | Scones with jam | Fish pie and seasonal vegetables  Homemade Rice pudding | Prepared in rooms | Jacket potatoes with beans and cheese or tuna  Yoghurts |

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AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

\*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

\*\*A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, kidney beans

From 1st February – 31st July 2020

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| --- | --- | --- | --- | --- |
| Week 4 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Toasted fruit bread | Sausage casserole and vegetables and mashed potatoes  Fruit salad | Prepared in rooms | Beans on toast  Sugar- free jelly |
| Tuesday | Breadsticks and cream cheese | Spaghetti Bolognese  Fruit crumble and ice cream | Prepared in rooms | Ham wraps with cucumber sticks  Bananas and custard |
| Wednesday | Mixed fruit | Fish fingers, new potatoes and seasonal vegetables  Blueberry muffins | Prepared in rooms | Jacket potato with beans  Fruit |
| Thursday | Salmon pate with crackers | Chicken supreme (contains mushrooms, sweetcorn, peas and peppers) rice  Jam tart | Prepared in rooms | Pasta carbonara with ham and peas  Yoghurts |
| Friday | Toast and jam | Vegetable lasagne  Natural Yoghurt and fruit | Prepared in rooms | Hot dogs and spaghetti  Fruit |

All bread is ‘Best of Both’ or 50/50

AM snack will consist of 2 fruits or vegetables such as banana, apple, orange, pear, grapes, strawberries, raspberries, peaches, carrots.

\*Contains hidden veg such as carrots, peas, peppers, onion, mushrooms.

\*\*A variety of veg such as peas, carrots, cauliflower, broccoli, sprouts, swede, kidney beans