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| --- | --- | --- | --- | --- |
| Week 1 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Mackerel pate and toast | Vegetable chilli and riceChocolate cookie | Prepared in rooms | Hot dogs in bread rollsSugar-free Jelly with fruit  |
| Tuesday | Crackers with apple and cheese | Roast dinner, roast potatoes & \*\*veg Homemade Shortbread | Prepared in rooms | Beans on toastHomemade Rice pudding |
| Wednesday | Bread sticks, cucumber sticks,Cream cheese | Fish fingers, homemade potato wedges and mixed vegetablesMandarin sugar-free jelly |  Prepared in rooms | Chicken wraps, cucumber and carrot sticksIce cream |
| Thursday | Rice cakes and fruit | Longscroft (cowboy) Casserole\*Natural Yoghurt and fruit | Prepared in rooms | Fish fingers and peas with croquette potatoesChocolate crispy cake  |
| Friday | Toasted fruit bread | Lasagne (beef)Sponge cake with fruit inside | Prepared in rooms | Ham/Cheese toastiesStrawberry 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 cheeseFruit salad | Prepared in rooms | Vegetable pizzaHomemade rice pudding  |
| Tuesday | Mackerel pate on crackers with cucumber sticks | Minced beef and vegetable pie with new potatoesBananas & custard | Prepared in rooms | Spaghetti on toastIce cream |
| Wednesday | Toast and jam | Quorn cottage pieYoghurt | Prepared in rooms | Tomato pastaChocolate cake |
| Thursday | Crumpets | Fish pieHomemade rice pudding | Prepared in rooms | Hot dogs with peas and sweetcornAngel Delight |
| Friday | Breadsticks with cheese | \*Chicken, sweet potato and vegetable curryFruit crumble and ice cream | Prepared in rooms | Cheese/Jam sandwiches, cucumber sticksSugar-free Jelly |

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\*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 3 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Mixed fruit  | Quorn chicken pizza and saladNatural Yoghurt with fruit | Prepared in rooms | Spaghetti on toastAngel Delight |
| Tuesday | Crackers with mackerel pate or cream cheese | Chicken supremeFruit and custard | Prepared in rooms | Cheese sandwich with cucumber sticksJelly |
| Wednesday | Pitta bread and hummus | Macaroni cheese with ham, peas and broccoliIce-cream with fruit | Prepared in rooms | Jacket Potatoes and beansRice pudding  |
| Thursday | Rice cakes with fruit | Roast chicken, vegetables and roast potatoesOaty fruit crunch | Prepared in rooms | Cheese wrapsChocolate 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 tunaYoghurts |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 4 | AM Snack | Lunch | PM Snack | Tea |
| Monday | Toasted fruit bread | Sausage casserole and vegetables and mashed potatoesFruit salad | Prepared in rooms | Beans on toastSugar- free jelly |
| Tuesday  | Breadsticks and cream cheese | Spaghetti Bolognese Fruit crumble and ice cream | Prepared in rooms  | Ham wraps with cucumber sticksBananas and custard  |
| Wednesday | Mixed fruit | Fish fingers, new potatoes and seasonal vegetablesBlueberry muffins | Prepared in rooms | Jacket potato with beansFruit  |
| Thursday | Salmon pate with crackers | Chicken supreme (contains mushrooms, sweetcorn, peas and peppers) riceJam tart | Prepared in rooms | Pasta carbonara with ham and peasYoghurts |
| Friday | Toast and jam | Vegetable lasagneNatural 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