



Winter Menu

Week 3

Week Commencing.....

Monday

AM Snack: Toast and marmalade

Lunch: Savoury mince with vegetable rice

Dessert: Angel Whirl, or fresh fruit/yoghurt

Vegetarian: Soya Mince

PM Snack: Fresh fruit

Tea: Sandwiches and/or Soup and cakes

Tuesday

AM Snack: Toast and jam

Lunch: Cheese and Potato pie with spaghetti

Dessert: Fruit Sponge & Custard, or fresh fruit/yoghurt

Vegetarian: Soya mince and above

PM Snack: Cheese and cucumber/ tomato

Tea: Sandwiches and/or Soup and cakes

Wednesday

AM Snack: Toast and Marmite

Lunch: Pork and Apple casserole with vegetables and potatoes

Dessert: Fruit Crumble with Custard, or fresh fruit/yoghurt

Vegetarian: Soya chunks as replacement.

PM Snack: Fresh fruit and biscuits

Tea: Sandwiches and/or Soup and cakes

Thursday

AM Snack: Toast and butter

Lunch: Roast Chicken, roast potatoes, green beans, carrots & gravy

Dessert: Cheesecake, or fresh fruit/yoghurt

Vegetarian: Replacement for chicken

PM Snack: Cheese and raisins

Tea: Sandwiches and/or Soup and cakes

Friday

AM Snack: Toast and butter

Lunch: Chicken Nuggets with chips and spaghetti.

Dessert: Rice Pudding, or fresh fruit/yoghurt

Vegetarian: Veggie finger as replacement

PM Snack: Fresh fruit

Tea: Sandwiches and/or Soup and cakes