

Menu Week 2



Homemade and Feshly Cooked Healthy and Delicious Meals

Monday

Breakfast (7.30am-8.30am)

Assortment of Cereal

Lunch (11.45am-12.00pm)

Meatballs and Pasta in a
homemade tomato and veg
sauce

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Yoghurt

Tea (3.45pm-4.00pm)

Assortment of Sandwiches
Served with Salad Nibbles

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Fresh Fruit

Tuesday

Breakfast (7.30am-8.30am)

Assortment of Cereal

Lunch (11.45am-12.00pm)

Fishcakes served with New
Potatoes and Carrots

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Fresh Fruit

Tea (3.45pm-4.00pm)

Sausage Rolls, served with
Baked Beans

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Yoghurt

Wednesday

Breakfast (7.30am-8.30am)

Assortment of Cereal

Lunch (11.45am-12.00pm)

Chicken Korma with Rice
and Chapatis

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Yoghurt

Tea (3.45pm-4.00pm)

Ploughman's

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Fresh Fruit

Thursday

Breakfast (7.30am-8.30am)

Assortment of Cereal

Lunch (11.45am-12.00pm)

Beef Ragù Lasagne, with
hidden vegetables

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Fresh Fruit

Tea (3.45pm-4.00pm)

Bagels, Served with Apple,
and Cheese Wedges

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Yoghurt

Friday

Breakfast (7.30am-8.30am)

Assortment of Cereal

Lunch (11.45am-12.00pm)

Cauliflower Cheese
Spaghetti, Served with
Garlic Bread

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Yoghurt

Tea (3.45pm-4.00pm)

Homemade Margarita
Pizza

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Fresh Fruit