



| SAMPLE MENU 2 | Monday Delivery | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|--|--|--|
| BREAKFAST | A selection of cereals – wheat biscuits, cornflakes, rice snaps or malted wheat Buttered toast Fruit also offered Drinks – choice of milk, water or fresh fruit juice | | | | |
| MILK OR WATER SERVED WITH SNACKS | | | | | |
| MORNING SNACK | Buttered cracker | Apple | Plain buttered scone | Grapes | Breadstick |
| WATER IS SERVED WITH ALL MEALS | | | | | |
| MID DAY MEAL | Minced lamb Shepherd's pie, cauliflower, carrots & gravy | Minced beef Spaghetti bolognaise topped with grated cheese, garlic bread | Diced Roast chicken with seasoning, roast potatoes carrots, broccoli & gravy | Homemade fishcakes, new potatoes, carrots, green beans & parsley sauce | diced Turkey cobbler Boiled potatoes, carrots, red cabbage & Gravy |
| DESSERT | Iced cake & milk shake | Neapolitan cake & custard | Steamed sultana sponge & custard | Lemon crumble tart & custard | Creamed rice pudding |
| AFTERNOON SNACK | Satsuma | breadstick | Banana | Toasted crumpet bites | Pear |
| LIGHT TEA | Open Sandwiches: Chicken Tuna & cucumber Egg with salad cream Cucumber & tomatoes | Homemade chunky veg soup with bread & butter | Sandwiches: Mackerel Grated cheese & tomato Ham | Rainbow rice: rice with lots of different veggies | Homemade pizzas topped with: Cheese & tomato Ham & mushroom Vegetables: red onion & peppers |
| DESSERT | Homemade butterfly buns | Fromage frais | Homemade flapjack | Semolina | Cheesecake |