



SAMPLE MENU 1	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	Pear	Breadstick	Banana	Buttered toast	Kiwi
WATER IS SERVED WITH ALL MEALS					
MID DAY MEAL	diced Chicken Korma with boiled rice, chappatis & poppadoms	minced Savoury lamb, roast potatoes, carrots, cauliflower & gravy	Fisherman's pie, Carrots, peas, sweetcorn & parsley sauce	diced Steak & potato pie, carrots, leeks & gravy	minced Turkey hot pot carrots, broccoli & gravy
DESSERT	Bakewell tart & custard	Fruit fool	Apple crumble & custard	Jelly	Steamed treacle sponge & custard
AFTERNOON SNACK	Toasted crumpet bites	Carrot sticks with houmous	Breadstick	Pineapple	Plain buttered scones
LIGHT TEA	Bubble & Squeak with baked beans	Sandwiches Grated Cheese & onion Ham Mackerel	Tomato & veg soup with bread & butter	Mediterranean vegetable pasta	Homemade Mackerel cakes & mushy peas
DESSERT	Fromage frais	Homemade choc chip cookie	Ice cream	Fromage frais	Homemade banana & sultana cake