

# Menu in English

Week 1		Day				
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Toast	Cereal	Baked beans on toast	Porridge & Honey	Croissants & Jam
Mid Snack		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits
Lunch	Starter	Cauliflower & potato soup	Chickpea & Spinach soup	Vegetable Puree	Vegetable soup	Fish & Noodle soup
	Main	Omelette & Peas	Ham & Rice Broccoli	Chicken & Mash Potatoes	Tuna Pasta	Veggie Burger & Chips
	Dessert	Fruit salad	Yoghurt	Apple & Raisins	Pear	Banana
Afternoon Tea		Crackers & Cheese	Sandwich	Corn cakes & Jam	Breadsticks & Ham	Toast & Cream cheese
		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits

Week 2		Day				
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Toast	Cereal	Baked beans on toast	Porridge & Honey	Croissants & Jam
Mid Snack		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits
Lunch	Starter	Fish Soup	Tomato Soup	Vegetable soup	Vegetable puree	Noodle Soup
	Main	Omelette & Cucumber	Fish cakes & Rice	Pasta cheese & sauce	Chicken & potatoes & broccoli	Cheese & Ham Sandwich
	Dessert	Banana	Yoghurt	Apple	Petit Suisse	Yoghurt
Afternoon Tea		Bread sticks & Cheese	Sandwich	Toast & Hummus	Rice cakes & Jam	Mini hot dogs
		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits

Week 3		Day				
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Toast	Cereal	Baked beans on toast	Porridge & Honey	Croissants & Jam
Mid Snack		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits
Lunch	Starter	Lentil Soup	Vegetable Puree	Vegetable soup	Chicken Noodle soup	Chickpea soup
	Main	Paella	Shepherd's Pie	Chicken Nuggets & Chips	Couscous & tomato & Tuna	Pizza
	Dessert	Banana	Yoghurt	Apple & Raisins	Fruit Salad	Jelly
Afternoon Tea		Toast & Hummus	Sandwich	Toast & Jam	Rice cakes & Cheese	Bread sticks & Raisins
		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits

Week 4		Day				
Meal		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Toast	Cereal	Baked beans on toast	Porridge & Honey	Croissants & Jam
Mid Snack		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits
Lunch	Starter	Pumpkin Soup	Lentil soup	Vegetable soup	Vegetable puree	Chicken & spinach soup
	Main	Chicken breast, Rice & Peas	Pasta Salad	Fish Fillet & Boiled potatoes	Spagetti Bolognese	Rice, peas & carrot
	Dessert	Jelly	Banana	Yoghurt	Apple & Raisins	Yoghurt
Afternoon Tea		Toast & cheese spread	Rice cakes & Guacamole	Sandwich	Corn cakes & cucumber	Mini hot dogs
		Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits	Fruit & biscuits