



WINTER MENU 5

	A.M. SNACK	LUNCH - served with diluted orange juice or water	PUDDING	P.M. SNACK	TEA - served with diluted orange juice or water	DESSERT
M O N D A Y	Warmed Pitta Bread with Houmus Dip and Carrot Sticks	Cheese and Tomato Quiche with Potatoes and Salad	Semolina with Mandarin Segments	Natural Yoghurt with Pineapple Chunks	Ham, Egg and Soft Cheese Open Rolls	Fruit Scones
		N/A*				
T U E S D A Y	Toasted Teacakes with Apple Slice	Salmon and Sweet Potato Patties with a Red Pepper Dip and Seasonal Vegetables	Bananas and Custard	Home Made Potato Wedges with Tomato and Sweetcorn Salsa	Crumpets, Cheese Slices and Tomato	Fruit Flan with Cream
		Cheese and Sweet Potato Patties*				
W E D N E S D A Y	Buttered Toast with Marmite	Chicken Curry with Rice and Peas	Bread and Butter Pudding with Ice Cream	Selection of Fresh Fruit	Pizza with Garlic Bread, Shredded Lettuce and Grated Carrot	Yoghurt
		Vegetable Curry*				
T H U R S D A Y	Home-Made Raisin Bread with Butter	Sausage Casserole with Pasta	Fruit and Jelly with Yoghurt	Home-Made Cinnamon and Apple Bites	Beans on Toast	Fresh Fruit
		Vegetarian Sausage*				
F R I D A Y	Homemade Savoury Popcorn with Pear Slices	Potato, Vegetable Casserole with Green Beans	Rice Pudding with Fresh Fruit Coulis	Natural Yoghurt with Orange Pieces	Homemade Soup with a Wholemeal Roll	Home-Made Mini Fruit Muffins
		N/A*				

* Vegetarian Alternatives