







Winter Menus 2016

Week 4

Day of the Week	Breakfast 7.30-8.30am	Snack 9.30-10.00am	Lunch From 11.10am	Snack 2.00-2.30pm	High Tea 3.15-3.45pm
Monday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies	 Fruit Bowl for rolling snack cafe 	Macaroni Cheese with Cauliflower and Carrots Strawberry Mousse	 Fruit Bowl for rolling snack cafe 	Homemade lamb kebabs with Mediterranean vegetables
Tuesday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Meatballs and Spaghetti Stewed Apples, sultanas and custard		Carrot and Coriander Soup and warm bread roll
Wednesday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Sweet and Sour Chicken and Noodles with Prawn Crackers Fresh Fruit Salad		Spinach and Ricotta Cannelloni
Thursday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Vegetarian Lasagne, Salad & Garlic Bread Ice Cream Roll		Samosas and bhajis with mint and mango chutney dips
Friday	Choice of 3 cereals Weetabix Cornflakes Rice Krispies		Fish pie and winter vegetables Yoghurts		Homemade Vegetable Burger with Sweet Potato Wedges