

All meals are 'Home Made' - prepared from fresh ingredients in our on-site Kitchen

Summer Menu Week 3

* – Meat-Free Option

	Breakfast	Lunch	Tea
Monday	Toasted Crumpets Milk Fresh Fruit Selection	Tuna, Tomato & Bell Pepper Wholemeal Pasta Bake * Mixed Bean, Tomato & Bell Pepper Wholemeal Pasta Bake Apple & Cinnamon Cake with Custard or Fresh Fruit selection	Ham Sandwich * Cheese Sandwich & Hummus Pineapple & Raisins Fromage Frais
Tuesday	Weetabix with Milk Diluted Fruit Juice Fresh Fruit Selection	Pork, Apple & Sage Casserole * Lentil & Vegetable Casserole Crusty Bread Rice Pudding or Fresh Fruit Selection	* Crackers & Cheese Selection with Hummus Carrot & Cucumber Sticks Mixed Melon
Wednesday	Wholemeal Toast Milk Fresh Fruit Selection	Cottage Pie & Vegetables * Sweet Potato, Lentil & Cheese Mash with Vegetables Fruit Jelly or Fresh Fruit Selection	Wholemeal Rolls with Salmon & Cucumber *Wholemeal Rolls with Egg & Cucumber Malt Loaf
Thursday	Cornflakes with Milk Diluted Fruit Juice Fresh Fruit Selection	* Wholemeal Pasta with Tomato, Lentil & Vegetable Sauce Bananas with Chocolate Sauce or Fresh Fruit Selection	* Toasted Muffins with Beans Dates & Apricots Shortbread Biscuits
Friday	Toasted Bagels Milk Fresh Fruit Selection	Chicken Tikka * Quorn Tikka Mixed Rice Fruit Crumble & Ice Cream or Fresh Fruit Selection	Fish Finger in Pitta Pocket * Bean & Vegetable Finger in Pitta Pocket Cherry Tomatoes Fromage Frais Fruit Selection

Snacks and Drinks are offered at 10am & 5pm – Fresh Fruit/Rice Cake/Bread Stick/Air Popped
Popcorn with Water or Milk

Water is available to drink at Lunch

Milk is available to drink at Tea

(drinking water is available in each room throughout the day)