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| **SAMPLE MENU** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **TIMES** | **FRESH WATER WILL BE AVAILABLE THROUGHT THE DAY** |
| **Breakfast 7.30am – 8.30am (8.30 – 9.15 sat/sun)** | Cereals, toast; milk/water | Cereals, toast; milk/water | Cereals, toast; milk/water | Cereals, toast;Milk/water | Cereals, toast; milk/water | Cereals, toast; milk/water | Cereals, Toast; Milk/water |
| **Morning Snack 9.45am (10.30 sat/sun)** | Vegetable sticks with salsa; milk/water | Apple & Sultanas; milk/water | Kiwi & Grapes; milk/water | Cheese & Apples; milk/water | Bread sticks & dried fruits; milk/water | Veg Sticks & houmous; milk/water | Banana and bread squares; milk/water |
| **Lunch 11.45 – 12.30** **(12.00 – 12.45 sat/sun)** | Vegetable Lasagne, garlic bread; Fruit Jelly  | Chicken curry, boiled white rice; Sponge with Custard | Cottage Pie, peas; Rice Pudding  | Roast Chicken, Roast Potatoes, mixed veg; Peaches & Cream | Breaded Fish, Potato Wedges & Peas; Fruit Crumble & Custard | Quorne Meat Spaghetti Bolognaise; Chocolate sponge & Custard | Roast Beef, Roast potato, Yorkshire pudding & mixed veg; Apple Pie & ice cream |
| **Afternoon snack 2.30pm** **(Tea 3.15pm sat/sun)** | Bread sticks and bananamilk/water | Veg sticks & houmous; milk/water | Cheese, crackers and pear; Milk/ water | Satsuma and raisins; milk/water | Veg Sticks & Dips; Milk/water | Jacket potato with soft cheese and tomato; flapjack | Selection of filled sandwiches; Fruit smoothie |
| **Tea** **5pm – 5.30pm (N/A sat/sun)** | Beans & Sausages on toast; Yoghurt & dried apricots | Crumpets; Fruit selection | Hotdogs with ketchup; Fruit Loaf | Cheese &Tomato on toast;Yogurt and raisins | Selection filled sandwiches; Fruit cocktail |  |  |