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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 banana  milk/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 |  |  |