

Week Two

	<u>Monday</u>	<u>Pancake Day!</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 7.00am – 8.30am Choice of Toast, Cereals, Milk and Water					
AM Snack- 10am. Fresh Fruit or Vegetables with either Bread stick or Rice Cracker. Milk or Water to drink.					
<u>Lunch – 12pm</u>	Pork and apple casserole with new potatoes Strawberry mousse	Minced beef and onion pie with potatoes Pancakes with lemon and golden syrup	Vegetable and lentil saag Jelly and fruit	Roast chicken, potatoes and vegetables Rice pudding	Salmon pasta bake Jam sponge and custard
PM Snack- 2pm Fresh Fruit or Vegetables with either Bread stick or Rice Cracker Milk or Water to drink.					
<u>High Tea- 4pm</u>	Baked beans with bread and butter Fresh fruit salad	Tomato and broccoli pasta Mini fromage frais	Selection of sandwiches Peaches and ice cream	Jacket potato with vegetable chilli Homemade shortbread biscuit	Selection of sandwiches Chocolate topped flapjack