

Winter Menu
December, January and February

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Buttered cracker with pear quaters	Oat cake and carrot sticks/grated	Bread stick and watermelon cubes	Fruit loaf with apple slices	Oat cake and slices of peppers
Main	Spaghetti Carbonara with swwetcorn	Turkey casserole with creamy mashed potato, broccoli, peas and gravy	Fish pie with mashed root vegetables	Chicken fricassee with brown rice	Mince beef and onion pie with carrots, green beans and new potatoes
Dessert	Bananas and custard	Spiced warm fruit salad	Stewed fruit and cream	Semolina with peaches	Fruit Crumble with Greek yoghurt
Afternoon snack	Breadsticks with cheese cubes and cucumber batons	Marmite crackers and orange segments	Ginger biscuit with pineapple chunks	Rice cake and celery sticks	Multigrain cracker with Melon slices
High Tea	Warm crumpets with a selction of toppings	Carrot and coriander soup with buttered roll	Tuna or egg mayo pitta pockets	Puffed pastry veggie rolls and baked beans	Homemade Pizza slices with veggie sticks
Dessert	Homemade zesy lemon biscuit	Fruit jelly	Melon slices	Ice-cream topped with fruit coulis	Fresh fruit salad