

Winter Menu
December, January and February

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheese biscuit and orange segments	Pitta bread fingers with cheese spread and carrot batons/grated	Rice cake and melon slices	Oat cake and slices of peppers	Fruit loaf and pineapple cubes
Main	Vegetable goulash with new potatoes	Mixed fish and spinach pie with potato topping and sweet corn	Chicken and mushroom casserole with rice	Mixed bean and vegetable chilli and jacket potatoe	Three cheese macaroni cheese with salad
Dessert	Natural yogurt with fruit compote	Warm fruit salad in cranberry juice	Pastry topped rhubarb pie with cream	Semolina and fruit compote	Warm coco and Beetroot cake with custard
Afternoon Snack	Multigrain cracker with cucumber batons	Oat cake with apple slices	Buttered crackers and cucumber batons	Fruit loaf with watermelon	Bread stick & pears
High Tea	Variou filled sandwiches with cherry tomatoes	Ham and cream cheese bagels	Vegetable frittata	Crustless quiche slices with vegetable sticks	Roasted sweet potato and carrot soup with toasted buttered soldiers
Dessert	Fruit platter	Yoghurt	Pineapple and apple slices	Homemade biscuit	Fresh fruit salad