



## **Sample Menu**

### **Monday**

Lunch: Broccoli and tuna pasta bake  
Dessert: Fresh fruit salad  
Tea: Crackers with cheese, ham and pineapple  
Pudding: Yoghurts

### **Tuesday**

Lunch: Beef lasagne with garlic bread  
Dessert: Marbled sponge with chocolate custard  
Tea: Cheesy croissants with cucumber and carrot sticks  
Pudding: Raspberry mousse

### **Wednesday**

Lunch: Meatballs in gravy, mashed potato, with creamed swede and carrots  
Dessert: Eve's pudding  
Tea: Muffins and jam  
Pudding: Fresh fruit salad

### **Thursday**

Lunch: Roast pork, roast potatoes, cauliflower and carrots  
Dessert: Pear and choc chip crumble with cream/custard  
Tea: Beans on toast  
Pudding: Banana fool

### **Friday**

Lunch: Mild chili with rice  
Dessert: Fruity jelly  
Tea: Pizza slices and salad  
Pudding: Banana and chocolate cake

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