

Spring / Summer Menu

1st March – 31st August

Week 1	Breakfast	Morning Snack	Lunch	Alternative	Pudding	Tea	Pudding
Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Bread Sticks served with Cucumber, Carrot Sticks and Hummus	Lamb Spaghetti Bolognese served with homemade Garlic Bread and Salad	Lentil Bolognese	Plain Yoghurt with Fruit	Veggie Burger served with a Wholemeal Bun and Gem Lettuce. See recipe card	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Bagels served with Soft Cheese and sliced Tomato	Ham and Vegetable Pizza served with homemade Wedges and Cucumber and Carrot Sticks	Vegetable Pizza	Banana and Mango Pudding See recipe card	Homemade Salmon Footballs served with Wholemeal Pasta and Spinach See recipe card	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Wholemeal Toast with Sliced Banana	Roast Chicken served with Stuffing, Roast Potatoes, Carrots and Cauliflower See recipe card for Stuffing	Quorn Chicken	Peaches and Whipped Cream	Various Sandwiches: - Hummus - Cheese - Ham - Tuna/Salmon Served with Salad	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Crackers served with Soft Cheese and Cucumber Sticks	Cod Fishcakes served with New Potatoes, Minted Peas and Green Beans	Veggie Nuggets See recipe card	Swirly Whirly Cheesecake. See recipe card	Rolled Chicken Quesadillas See recipe card	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Pitta Dippers served with Avocado Dip See recipe card for Avocado Dip	Beef Chilli served with Baked Potatoes and Salad	Vegetable Chilli with Lentils	Fruit Sorbet	Easy Vegetable Pasta served with Salad See recipe card	Seasonal Fruit Platter

Fresh water is on offer with every meal and throughout the day in all rooms.

Semi-skimmed milk is also on offer at breakfast and snack time for Toddlers and Pre-School (under 2's will follow individual milk feeds)

Menu agreed by Sarah Hanratty, Clinical Nutritionist, Brain Food and Nutrition Clinic

Spring / Summer Menu

1st March – 31st August

Week 2	Breakfast	Morning Snack	Lunch	Alternative	Pudding	Tea	Pudding
Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Crackers served with Cheese and Pineapple Chunks	Cheese, Onion and Spinach Quiche served with Broccoli and Sweetcorn		Fresh Fruit Salad	Tuna, Ham, Chicken and Cheese Pitta Pockets served with Salad	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Breadsticks, Cucumber and Carrot Sticks served with Hummus Dip	Cod Fish Cakes served with Mashed Potato, Minted Peas and Spinach. See recipe card	Vegetable Fish Cakes	Banana Milkshake See recipe card	Beefy Sausage Rolls served with Salad See recipe card	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Yoghurt and Fruit Puree	Sweet Potato Lamb Shepherd Pie served with Baby Carrots, Cabbage and Spinach	Vegetarian Mince with Lentils	Swirly Whirly Strawberry Cheesecake See recipe card	Jacket Potato with Cheese and Salad	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Pancakes served with fresh Strawberries	Chicken, Tomato and Cheese Pasta Shells	Tomato and Cheese Pasta Shells See recipe card	Apple Flapjacks See recipe card	Tuna and Cheese on Wholemeal Toast served with Salad	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Bagels served with Soft Cheese and Sliced Tomatoes	Meatballs with hidden Veggie Sauce served with Spaghetti	Vegetarian Meatballs	Plain Yoghurt with Fruit	Broccoli, Chicken and Potato Bites served with Wholegrain Rice See recipe card	Seasonal Fruit Platter

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1st March – 31st August

Week 3	Breakfast	Morning Snack	Lunch	Alternative	Pudding	Tea	Pudding
Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Wholemeal Bagel with Cream Cheese and Cucumber Slices	Homemade Fish Fingers served with Mashed Potatoes, Minted Peas and Parsley Sauce	Homemade Vegetable Fingers	Avocado Chocolate Mousse See recipe card	Chicken, Sweetcorn and Cucumber Wraps See recipe cards	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Yoghurt and Fruit Puree	Moroccan Lamb See recipe card	Moroccan Vegetables	Banana and Sultana Sponge Cake See recipe card	Tuna and Cheese on Toast with Homemade Tomato Ketchup See recipe card for Homemade Tomato Ketchup	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Apples and Raisins	Beef Chilli and Rice served with Garlic Bread and Salad	Vegetable Chilli	Melon	Rolled Chicken Quesadilla See recipe card	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Breadsticks, Cucumber and Carrot Sticks served with Cheese Dip	Glamorgan Vegetarian Sausages served with Mashed Potato and Peas		Frozen Fruit Juices (lollipops)	Chicken and Sweetcorn Rice Salad	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit	Pancakes served with Bananas	Pork Roast served with Roast Potatoes, Broccoli, Cauliflower and Yorkshire Pudding	Veggie Nuggets See recipe card	Gorgeous Country Apple Cake See recipe card	Homemade Pizza with various toppings: - Ham - Tuna - Chicken - Vegetables	Seasonal Fruit Platter

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Menu agreed by Sarah Hanratty, Clinical Nutritionist, Brain Food and Nutrition Clinic

Autumn / Winter Menu

1st September – 28th February

Week 1	Breakfast	Morning Snack	Lunch	Alternative	Pudding	Tea	Pudding
Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Crackers served with Cheese Cubes and Cucumber Sticks	Homemade Lamb Goulash served with Rice and Green Beans See recipe card	Homemade Beans and Chickpea Goulash served with Rice and Green Beans See recipe card	Carrot Muffins See recipe card	Cheesy Bean Pie with Potatoes and Sweet Potatoes	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Pitta Dippers served with Avocado Dip See recipe card	Vegetable and Chickpea Stew served with Homemade Crusty Bread		Gorgeous Country Apple Cake See recipe card	Homemade Salmon Footballs served with Wholemeal Pasta and Spinach See recipe card	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Mini Frittata served with Spinach, Tomato and Cheese	Beef Cottage Pie served with Broccoli and Cauliflower	Vegetable and Bean Cottage Pie	Fresh Berries with Whipped Cream	Sweet Potato and Carrot Soup served with Homemade Crusty Bread See recipe card	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Breadsticks, Cucumber and Carrot Sticks served with Hummus Dip	Punchy Pork and Bean Casserole with Apples served with Mash Potato and Baby Carrots See recipe card	Diced Vegetable and Bean Casserole	Sugar Free Rice Pudding and Peaches See recipe card	Tuna and Cheese Melts on Toasted Muffins served with Cucumber Sticks See recipe card	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit - Porridge	Wholemeal Toast served with Cream Cheese	Pepper, Mushroom, Spinach and Cheese Omelette served with Jacket Potato and Salad		Pineapple Jelly See recipe card	Chicken and Vegetable Wraps served with Salsa and Peppers	Seasonal Fruit Platter

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Autumn / Winter Menu

1st September – 28th February

Week 2	Breakfast	Morning Snack	Lunch	Alternative	Pudding	Tea	Pudding
Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Wholemeal Toast served with Sliced Banana	Fillet of Fish Mornay served with Carrots, Peas, Mashed Potato and Green Beans See recipe card	Vegetable Mornay with Chickpeas served with Mash Potatoes and Green Beans	Avocado and Chocolate Mousse See recipe card	Tuna, Ham, Chicken and Cheese Pitta Pockets served with Salad	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Pancakes served with Fresh Strawberries	Turkey Balls served with Pepper Sauce, Rice and Peas See recipe card	Quorn Balls	Banana Muffin See recipe card	Jacket Potatoes served with Baked Beans and Cheese	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Wholemeal Bagels served with Soft Cheese and sliced Tomato	Vegetarian Sausage Hot Pot served with Homemade Crusty Bread		Apple Flapjack See recipe card	Mega Macaroni Cheese and Ham See recipe card	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Mini Frittata with Mushroom, Onion and Cheese	Mild Chicken Curry with Apples and Sweet Potato served with Naan Bread See recipe card	Chick Pea and Sweet Potato Curry	Plain Yoghurt with blended fruit.	Tuna and Cheese Melts See recipe card	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit - Porridge	Crackers served with Cheese and Pineapple Chunks	Enchiladas with Turkey and Beans served with Garlic Bread See recipe card	Enchiladas with Vegetables and Beans	Warm Winter Fruit Salad See recipe card	Homemade Tomato Soup with Homemade Rolls See recipe card	Seasonal Fruit Platter

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Monday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Breadsticks, Cucumber and Carrot Sticks served with Hummus Dip	Turkey, Cheese, Tomato, Spinach and Bean Lasagne served with Mixed Vegetables	Cheese, Tomato, Spinach and Bean Lasagne served with Mixed Vegetables See recipe card	Swirly Whirly Cheesecake See recipe card	Homemade Veggie Burger in a Wholemeal Bun with Salad and Homemade Tomato Ketchup See recipe card	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Apples and Raisins	Joys Fish Pie (with Sweet Potato) served with Minted Peas and Baby Carrots See recipe card	Cheese and Onion Pie (with Sweet Potato) with Minted Peas and Baby Carrots	Plain Yoghurt with Peach	Homemade Pizza with assorted toppings: - Ham - Tuna - Chicken - Vegetables	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Wholemeal Toast with Cream Cheese and Cucumber	Big Beef Ragu with Lentils served with Wholemeal Rice See recipe card	Vegetable and Lentil Ragu served with Wholemeal Rice	Fruit Jelly See recipe card	Golden Turkey Fingers served with Peas and Sweetcorn See recipe card	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Wholemeal Bagel with Cheese Spread	Roast Chicken served with Root Vegetable Mash, Stuffing, Green Beans and Red Cabbage	Veggie Nuggets served with Root Vegetable Mash, Stuffing, Green Beans and Red Cabbage See recipe card	Banana and Mango Pudding See recipe card	Tomato and Cheese Pasta Shells See recipe card	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit - Porridge	Pitta Stick with Hummus and Avocado Dip	Lamb Bolognese with Penne Pasta served with Salad	Vegetable Bolognese	Melon	Sweet Potato and Carrot Soup with Homemade Crusty Bread See recipe card	Seasonal Fruit Platter

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