

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 Pasta Bake	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 Tzatziki (mint and cucumber) or 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

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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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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	Fruit 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 Cheese Cubes	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 Hummus	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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