

# Autumn / Winter Menu

1<sup>st</sup> September – 28<sup>th</sup> 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 <b>See recipe card</b>	Homemade Beans and Chickpea Goulash served with Rice and Green Beans <b>See recipe card</b>	Carrot Muffins <b>See recipe card</b>	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 Tzatziki (mint and cucumber) or Avocado Dip	Vegetable and Chickpea Stew served with Homemade Crusty Bread		Gorgeous Country Apple Cake <b>See recipe card</b>	Homemade Salmon Pasta bake	Seasonal Fruit Platter
Wednesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Scrambled Egg with Toasted Fingers and Sliced Tomato	Beef Cottage Pie served with Broccoli and Cauliflower	Vegetable and Bean Cottage Pie	Fresh Berries with Whipped Cream	Homemade Soup of the Day with Homemade Rolls	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 <b>See recipe card</b>	Diced Vegetable and Bean Casserole	Sugar Free Rice Pudding and Peaches <b>See recipe card</b>	Tuna and Cheese Melts on Toasted Muffins served with Cucumber Sticks <b>See recipe card</b>	Seasonal Fruit Platter
Friday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Fruit - Porridge	Wholemeal Toast served with Cream Cheese	Curried Vegetable Bolognese with Jacket Potato and Salad		Pineapple Jelly <b>See recipe card</b>	Chicken and Vegetable Wraps served with Salsa and Peppers	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 - Porridge - Fruit	Wholemeal Toast served with Sliced Banana	Fillet of Fish Mornay served with Carrots, Peas, Mashed Potato and Green Beans <b>See recipe card</b>	Vegetable Mornay with Chickpeas served with Mash Potatoes and Green Beans	Fruit Mousse	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 <b>See recipe card</b>	Quorn Balls	Banana Muffin <b>See recipe card</b>	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 <b>See recipe card</b>	Mega Macaroni Cheese and Ham <b>See recipe card</b>	Seasonal Fruit Platter
Thursday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Scrambled Egg with Toasted Fingers and Sliced Tomato	Mild Chicken Curry with Apples and Sweet Potato served with Naan Bread <b>See recipe card</b>	Chick Pea and Sweet Potato Curry	Plain Yoghurt with blended fruit.	Tuna and Cheese Melts <b>See recipe card</b>	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 <b>See recipe card</b>	Enchiladas with Vegetables and Beans	Warm Winter Fruit Salad <b>See recipe card</b>	Homemade Soup of the Day with Homemade Rolls	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 - 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 <b>See recipe card</b>	Swirly Whirly Cheesecake <b>See recipe card</b>	Homemade Veggie Burger in a Wholemeal Bun with Salad and Homemade Tomato Ketchup <b>See recipe card</b>	Seasonal Fruit Platter
Tuesday	The choice of: - Weetabix - Rice Krispies - Cornflakes - Porridge - Fruit	Apples	Joys Fish Pie (with Sweet Potato) served with Minted Peas and Baby Carrots <b>See recipe card</b>	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 <b>See recipe card</b>	Vegetable and Lentil Ragu served with Wholemeal Rice	Fruit Jelly <b>See recipe card</b>	Golden Turkey Fingers served with Peas and Sweetcorn <b>See recipe card</b>	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 <b>See recipe card</b>	Banana and Mango Pudding <b>See recipe card</b>	Tomato and Cheese Pasta Shells <b>See recipe card</b>	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	Homemade Soup of the Day with Homemade Rolls	Seasonal Fruit Platter

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