

Rainbow Hill House Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Range of cereals, toast, crumpets, porridge etc.	Range of cereals, toast, crumpets, porridge etc.	Range of cereals, toast, crumpets, porridge etc.	Range of cereals, toast, crumpets, porridge etc.	Range of cereals, toast, crumpets, porridge etc.
Snack	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.
Lunch	Spinach, Sweet Potato & Lentil Dahl	Ramen Noodle Soup	Fasoulia served with Pitta Bread	Vegetable Chow Mein	Mediterranean Veg Filled Pasta Bake
Dessert	Kiwi	Banana	Grapes	Honeydew Melon	Peaches
Snack	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.	Milk; range of fruit, vegetables & crackers/breadsticks etc.
Tea	Mediterranean Stuffed Peppers	Potato & Aubergine Curry with Roti	Fishcakes, Smiley Face Potatoes & Baked Beans	Vegetable Korma with Rice	Broccoli & Cauliflower Potato Pie
Dessert	Honey Rice Krispie Cakes	Baked Cinnamon Apple Chips	Banana Cake	Greek Yoghurt & Honey	Jelly & Ice-Cream