

# RHH Winter Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (served at 11:30am/12pm)	Tuna and Sweetcorn Pasta Bake <i>Fish, Dairy, Gluten</i>	Fish Pie <i>Fish, Dairy, Celery</i>	Leek and Cheese Risotto <i>Dairy</i>	Pasta with Meatballs in Tomato Sauce <i>Gluten, Soya</i>	Hidden Veg Orzo <i>Gluten</i>
<b>Fruit</b>	Strawberries	Oranges	Watermelon	Apples	Mango
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (served at 4pm)	Fassoulia with Pitta <i>Gluten, Celery</i>	Cheesy Jacket Potato with Baked Beans <i>Dairy</i>	Greek Briam with Feta served with Pitta <i>Dairy, Gluten</i>	Leek & Potato Soup with Soft Brown Bread <i>Gluten, Celery</i>	Fish Fingers, Chips and Broccoli <i>Fish, Gluten</i>
<b>Dessert</b>	Gingerbread Cookies <i>Gluten, Dairy</i>	Strawberry Yoghurt <i>Dairy</i>	Jam Roly Poly <i>Dairy, Gluten</i>	Blueberry & Banana Muffin <i>Gluten, Dairy</i>	Pancakes with Berries <i>Dairy, Gluten</i>

# RHH Winter Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (served at 11:30am/12pm)	Fish Curry with Rice <i>Fish, Dairy, Celery</i>	Butternut Squash and Carrot Soup with Croutons <i>Gluten, Celery</i>	Veggie Cottage Pie <i>Dairy, Celery, Soya</i>	Pumpkin Mac & Cheese <i>Dairy, Gluten</i>	Veggie Stir Fry Noodles in Teriyaki <i>Gluten</i>
<b>Fruit</b>	Raspberries	Bananas	Pineapples	Cantaloupe Melon	Grapes
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (served at 4pm)	Rainbow Pizza <i>Gluten, Dairy, Soya</i>	Courgette, Peas and Mint Risotto <i>Celery</i>	Creamy Salmon and Broccoli Pasta <i>Fish, Dairy, Gluten</i>	Winter Veggie Stew with Lumpy Dumplings <i>Gluten, Celery</i>	Fish and Potato Cakes with Seasonal Veggies <i>Fish</i>
<b>Dessert</b>	Blueberry Yoghurt <i>Dairy</i>	Carrot and Raisin Muffin <i>Gluten, Dairy</i>	Fruit Salad	Banana Bread <i>Gluten, Dairy</i>	Cranberry Flapjacks <i>Gluten</i>

# RHH Winter Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (served at 11:30am/12pm)	Butternut Squash and Chickpea Tagine with Couscous <i>Gluten, Sesame, Celery</i>	Spaghetti Bolognese with Garlic Bread <i>Gluten, Dairy, Celery, Soya</i>	Potato and Cauliflower Curry with Roti <i>Gluten, Celery</i>	Winter Vegetable Risotto <i>Dairy, Celery</i>	Vegetable Lasagna <i>Gluten, Dairy, Celery</i>
<b>Fruit</b>	Plums	Honeydew Melons	Pear	Kiwi	Blueberries
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (served at 4pm)	Sausages, Root Veg Mash and Gravy <i>Gluten, Soya, Celery</i>	Chilli Con Carne with Rice <i>Celery</i>	Vegetable Soup with Soft Brown Bread <i>Gluten, Celery</i>	Fish Burgers with Chips and Sweetcorn <i>Fish, Gluten</i>	Mediterranean Stuffed Peppers <i>Dairy, Celery</i>
<b>Dessert</b>	Coconut Sponge Cake <i>Gluten, Dairy</i>	Orange Cake <i>Gluten, Dairy</i>	Apple and Cinnamon Muffin <i>Gluten, Dairy</i>	Very Berry Pie <i>Gluten, Dairy</i>	Jiggly Jelly and Fruit