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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (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.
Snack (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.
Lunch (served at 11:30am/12pm)	Cowboy Pie 	Pasta in a Tomato Sauce with Plant-based Meatballs 	Traditional Greek Fasolakia served with Pitta Bread 	Fish Curry & Rice 	Mediterranean Stuffed Peppers 
	Mango	Kiwi	Cantaloupe Melon	Plums	Raspberries
Snack (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.
Tea (served at 4pm)	Vegetable Filled Lasagna 	Shaped Potatoes, Fish Fingers & Baked Beans 	Leek & Potato Soup with Soft Bread 	Burgers in Bread Buns with Salad & Potato Wedges 	Cheese & Tomato Toasties with Roasted Broccoli 
	Cinnamon & Raisin Oat Cookies 	Apple Crumble & Custard 	Fruit Salad	Greek Yoghurt & Honey 	Jammy Coconut Traybake 



















RHH Winter Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (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.
Snack (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.
Lunch (served at 11:30am/12pm)	Fish Pie  	Traditional Greek Briami with Feta Cheese & Fresh Bread  	Vegetable Korma with Rice  	Spaghetti Bolognaise with Garlic Bread   	Shepards Pie   
	Seedless Grapes	Honeydew Melon	Peaches	Pears	Strawberries
Snack (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.
Tea (served at 4pm)	Halloumi & Pesto Burgers with Greek Salad   	Butternut Squash & Chickpea Tagine with Cous Cous 	Tomato & Mascarpone Gnocchi  	Vegetable Soup with Soft Bread 	Tuna & Sweetcorn Pasta Bake    
	Banana's & Custard 	Jelly & Fruits 	Lemon Muffins 	Baked Cinnamon Apple Chips	Orange & Cocoa Cake 

RHH Winter Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (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.
Snack (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.
Lunch (served at 11:30am/12pm)	Vegetable Stew with Dumplings 	Creamy Salmon & Broccoli Fusilli Pasta with Garlic Bread   	Tuna & Veggie Tagine with Cous Cous   	Creamy Roasted Carrot Daal with Roti 	Chilli Con Carne with Rice
	Blueberries	Pineapple	Banana	Watermelon	Oranges
Snack (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.
Tea (served at 4pm)	Leek & Cheese Risotto 	Butternut Squash Soup with Croutons 	Sausage Roast Dinner (plant-based sausages, yorkshire puds, veggies, potatoes & gravy)  	Jacket Potato with Cheese & Beans 	Lemon, Chickpea & Orzo Soup 
	Banana Marble Cake 	Jam Roly Poly 	Petit Filous Yoghurt 	Oaty Biscuits	Rice Pudding with Jam 



Sulphite



Soya



Fish



Eggs



Mustard



Lupins



Milk



Soya



Celery