

Rainbow Hill House Menu

Week 3

	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	Creamy Vegetable Pasta	Fish Curry with Rice	Creamy Salmon & Broccoli Bake with New Potatoes	Cheese & Vegetable Pie	Spinach & Cheese Omelette
Dessert	Watermelon	Kiwi	Pineapple	Nectarine	Strawberries
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	Leek & Vegetable Hotpot with Dumplings	Chickpea & Vegetable Biryani	Leek & Potato Soup with Toasted Bread	Fasolia Kritharaki	Vegetable Mediterranean Bulgur
Dessert	Rice Krispy Treat with Honey	Winter Fruit Bowl	Lemon Muffin	Fruit Compote with Yoghurt	Jammy Pancakes