RHH Winter Menu - Week 1

	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)	Baked salmon with crushed potatoes, broccoli and carrots Fish	Veggie spaghetti bolognese with garlic bread Soya, Barley, Wheat	Lentil cottage pie with green beans	Chickpea, apricot and butternut squash tagine with couscous Sulphur, Wheat	Veggie chili con carne with kidney beans and rice
Fruit	Pear	Banana	Watermelon	Kiwi	Blueberries
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)	Butternut squash soup with toast Wheat, Soya, Barley	Cheesy Jacket Potatoes with broccoli Milk	Vegetable-filled mac and cheese Wheat, Milk	Warm roasted vegetable and mozzarella pittas Wheat, Milk	Fishcakes with baked beans and broccoli Fish, Wheat
Dessert (no added sugar)	Warm cinnamon apple with plain yoghurt Milk	Carrot cake Wheat, Milk	Banana & blueberry oat bake Oats, Milk	Greek yoghurt with berries Milk	Lemon cake Wheat, Milk

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)	Butter bean and vegetable stew with dumplings Wheat	Mild cauliflower and chickpea curry with rice	Vegetable stuffed peppers with Greek yoghurt Milk,	Fish pie with green beans Fish, Milk, Wheat,	Cowboy pie Soya, Wheat, Milk
Fruit	Raspberries	Pear	Cantaloupe Melon	Banana	Kiwi
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)	Markela's special homemade rainbow pizza Wheat, Milk	Carrot and red lentil soup with whole meal bread Wheat	Tuna pasta bake Fish, Wheat, Milk	Jacket potatoes with cheese and baked beans Milk	Cheese & tomato toasties with broccoli Wheat, Milk
Dessert (no added sugar)	Greek yoghurt with raspberries Milk	Banana bread Wheat, Milk	Cinnamon pear with plain yoghurt Milk	Cranberry flapjack Oats	Jam Roly Poly Wheat

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)	Coconut and vegetable dhal with orzo Wheat, Milk	Fishcakes with potato wedges and carrots Wheat, Fish	Butter bean and root vegetable bake with cheesy mash Milk, Sulphur	Creamy mushroom risotto Milk	Fasoulaki with warm pitta Wheat
Fruit	Mango	Strawberries	Pear	Satsuma	Pineapple
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)	Cheddar and courgette scones with soft roasted vegetables Wheat, Milk	Cheese and roasted vegetable flatbreads Wheat, Milk	Creamy salmon & broccoli pasta Fish, Wheat, Milk	Leek & Potato Soup with Croutons Wheat	Black bean burritos with rice and roasted vegetables Wheat
Dessert (no added sugar)	Orange cake Wheat, Milk	Greek yoghurt with blueberries Milk	Banana and blueberry bread Wheat, Milk	Carrot, Raisin and Cinnamon Muffins Wheat, Milk	Baked cinnamon bananas with plain yoghurt Milk