

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)	Cowboy Pie	Penne Pasta in a Tomato Sauce with Plant-based Meatballs	Vegetable Korma & Rice	Traditional Greek Fasolakia served with Pitta Bread	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, Veggie Fingers & Baked Beans	Leek & Potato Soup with Soft Bread	Plant-based 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)	Butternut Squash & Chickpea Tagine with Cous Cous	Cauliflower Curry with Rice	Traditional Greek Briami with Feta Cheese & Fresh Bread	Spaghetti Bolognese 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	Spinach & Feta Pie with Greek Yoghurt	Vegetable Chow Mein	Vegetable Soup with Soft Bread	Creamy Broccoli Pasta
	Bananas & 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	Chilli Con Carne & Rice	Vegetable Filled Pasta Bake	Creamy Roasted Carrot Dal	Broccoli, Cauliflower & Potato Pie
	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	Veggie Roast Dinner (plant based chicken, 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