

## Winter Menu

<b>Week 1</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Cinnamon infused Oats	Farm veggie soup	Three Veg Macaroni Cheese
<b>Tuesday</b>	Scrambled Egg on Toast	Poached pears and raisins	Chicken casserole with 3 veggies and rice
<b>Wednesday</b>	Weetbix and warm milk	Farm veggie soup	Baked cottage pie with veggies
<b>Thursday</b>	Banana and blueberry Baked Oats	Stewed cinnamon apples	Chicken Broccoli cheese pasta bake
<b>Cheat Friday</b>	Smooth cottage cheese on Toast with Banana slices	Banana loaf	Roasted chicken pot pie
<b>Beverage</b>	Water	Water	Water
<b>Week 2</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Cheese Omlette and toast	Cream of butternut soup	Veggie Stew on a Bed of Rice
<b>Tuesday</b>	Weetbix Banana and warm milk	Baked Peaches and pastry	Beef Stroganoff with Creamy Mashed Potato
<b>Wednesday</b>	Cinamon infused Oats	Cream of Butternut Soup	Chicken Ala king on a bed of Rice
<b>Thursday</b>	Melted Cheese Toast Fingers	Stewed Cinnamon Apples	Spaghetti Bolognese with 4 hidden veggies
<b>Friday</b>	Fruit Smoothie with Coconut Cream	Popcorn	Beef Cornish Pot Pie
<b>Beverage</b>	Water	Water	Water

## Winter Menu - Vegetarian

<b>Week 1</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Cinnamon infused Oats	Farm veggie soup	Slow roasted Veggies with sauce and Spagetti
<b>Tuesday</b>	Scrambled Egg on Toast	Poached pears and raisins	Vegetable casserole on a bed of rice
<b>Wednesday</b>	Weetbix and warm milk	Farm veggie soup	Vegetarian baked cottage pie
<b>Thursday</b>	Banana and blueberry Baked Oats	Stewed cinnamon apples	Brocolli cheesy pasta bake
<b>Friday</b>	Smooth cottage cheese on Toast with Banana slices	Banana loaf	Vegetarian pot pie
<b>Beverage</b>	Water	Water	Water
<b>Week 2</b>	<b>Breakfast</b>	<b>Mid morning snack</b>	<b>Lunch</b>
<b>Monday</b>	Cheese Omlette and toast	Cream of butternut soup	Vegetable Stew on a bed of rice
<b>Tuesday</b>	Weetbix Banana and warm milk	baked peaches and pasty	Veggie Sausages and creamy Mashed potato, topped with a Veggie Sauce
<b>Wednesday</b>	Cinamon infused Oats	Cream of butternut soup	creamy veggie bake
<b>Thursday</b>	Melted Cheese Toast Fingers	Stewed cinnamon apples	Three Veg Macaroni Cheese
<b>Friday</b>	Fruit Smoothie with Coconut Cream	Popcorn	Vegetarian pot pie
<b>Beverage</b>	Water	Water	Water