

## Fortnightly Menu **WEEK 7, 2020**



	Monday	Tuesday	Wednesday	Thursday	Friday
16 March 17 March 18 March 19 March	16 March	17 March	18 March	19 March	20 March

Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables

### **BREAKFAST**

<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cereal, Toast & Oats	Grilled Cheese with Worcestershire Sauce	Cereal, Toast & Oats	Berry and Yoghurt Smoothies	Cereal, Toast & Oats
Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice
Gluten and Dairy Free Options	Contains: Dairy, Fish, Gluten.	Gluten and Dairy Free Options	Dairy Free Option Available	Gluten and Dairy Free Options

# **AFTERNOON TEA**

Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Lightly Satled Popcorn	Mixed Sandwiches	Tortilla Wraps with French Onion Dip, Shredded Lettuce and Grated Carrot	Mixed Sandwiches	Macaroni Cheese
Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice
-	Gluten and dairy free option available	Gluten and dairy free option available	Gluten and dairy free option available	Gluten and dairy free option available







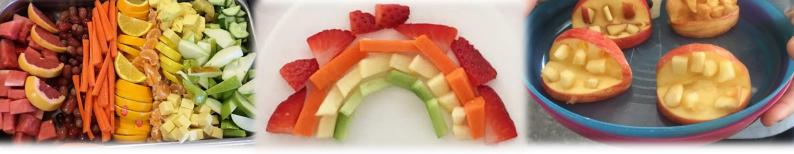












## Fortnightly Menu **WEEK 8, 2020**



Monday	Tuesday	Wednesday	Thursday	Friday
23 March	24 March	25 March	26 March	27 March

Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables

### **BREAKFAST**

<u>Breakfast</u>				
Cereal, Toast & Oats	Hash Browns	Cereal, Toast & Oats	Raisin Toast	Cereal, Toast & Oats
Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice
Gluten and Dairy Free Options	Contains: Gluten	Gluten and Dairy Free Options	Contains: Gluten	Gluten and Dairy Free Options

# **AFTERNOON TEA**

Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Mixed Sandwiches	Potato Gnocchi with Salsa di Pomodoro	Mixed Sandwiches	Avocado and cream cheese dip with brown rice crackers	Mixed Sandwiches
Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice	Allergy Advice
Gluten and dairy free option available	Contains: gluten	Gluten and dairy free option available	Contains: Gluten	Gluten and dairy free option available















