



Festive Menu 2020

Seasonal food items include: apples, banana, aubergine, courgette, oranges, cucumber, blueberries, green beans, tomato, garlic, red peppers, green peppers, carrots, onion, mushrooms, root ginger, parsnip, potatoes, melon

Week 1	Breakfast	Lunch	Evening Meal	Snack
Monday	Selection of cereals and wholemeal toast	Bacon, brie, and cranberry panini Puff pastry Nutella roll	Welsh cawl with bread roll Fresh fruit	Rice cakes
Tuesday	Selection of cereals and wholemeal toast	Pigs in blankets with mashed potato and vegetables Festive Trifle	Spinach, cherry tomatoes, cucumber, pesto, and mozzarella pitta Mince Pies	Breadsticks and dips
Wednesday	Selection of cereals and wholemeal toast	Boiled gammon with new potatoes and parsley sauce Rice pudding	Christmas cheese board, grapes, and chunky apples with a selection of crackers and pickle Slices of fresh orange	Vegetable sticks with houmous
Thursday	Selection of cereals and wholemeal toast	Bubble and squeak with beans Fresh fruit	Boxing Day picnic Selection of cakes	Rye
Friday	Selection of cereals and wholemeal toast	Christmas Dinner Christmas pudding and custard	Butternut squash soup and crusty bread Chocolate log	Fresh Fruit

Vegan and vegetarian options available.