

## One Week Sample Menu - Churchview & Larklands

	Breakfast	Lunch	Tea
<b>Monday</b>	Cereals or toast	Beans on toast	Ham and mushroom omelette
		Mousse	Side salad
<b>Tuesday</b>	Cereals or crumpets	Soup and rolls or bread and butter	Chilli on jacket potatoes
		Bananas and custard	
<b>Wednesday</b>	Cereals or toast	Cheese and pickle sandwiches and crisps	Shepherds pie, carrots, cauliflower, peas and gravy
		Yogurt	
<b>Thursday</b>	Cereals or toast	Tomatoes on toast	Steamed fish, new potatoes, parsley sauce, green beans
			Apple pie and ice cream
<b>Friday</b>	Cereals or toast	Egg mayonnaise and tomato rolls	Lambs liver and onion gravy, brussels and cauliflower
			Rice pudding with jam
<b>Saturday</b>	Cereals or toast	Spaghetti on toast	Steak and kidney pie, chips, peas and gravy
		Ravioli on toast	Cake
<b>Sunday</b>	Cereals or crumpets	Roast pork, apple sauce, new potatoes, carrots broccoli peas and gravy	Tuna and mayonnaise sandwiches
			Fruit and cream

A milky drink is always available in the evenings for supper