Rialize Sample Menu: Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Snack:** | Crackers with marmite & cheese | Fresh Fruit platter | Pitta bread with dips | Selection of crudities with dips | Rice cakes & creamed cheese & marmite |
| **Tea:** | BBQ Chicken RicePeas | Sausage HotpotPotatoesSweetcorn | Spaghetti Bolognese with Garlic Bread | Fish fingers ChipsBaked beans  | Pasta Bolognaise/CarbonaraCarrots |
| **Pudding:** |  Sponge Cake | H/M cranberry flapjack | Peaches and Ice Cream | Fresh Fruit Platter | Chocolate Mousse |

Rialize Sample Menu: Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Snack:** | Rice Cakes with topping | Crudities with houmous and cream cheese | Fresh fruit platter | Crackers with marmite & cheese  | DigestiveBiscuits |
| **Tea:** | PizzaChipsBaked Beans | Chicken in GravyCubed PotatoesSalad | Chilli con Carne Rice  Tortillas crisps | SausagesPotato WedgesPeas | Soup(Tomato/Chicken)Bread & Butter |
| **Pudding:** | Fresh fruit platter | H/M Marble Cake | Rice Pudding | Shortbread  | Fruit Smoothie |