Rialize Sample Menu: Week 1

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| --- | --- | --- | --- | --- | --- |
|  | **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  Rice  Peas | Sausage Hotpot  Potatoes  Sweetcorn | Spaghetti Bolognese with Garlic Bread | Fish fingers  Chips  Baked beans | Pasta  Bolognaise/Carbonara  Carrots |
| **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 | Digestive  Biscuits |
| **Tea:** | Pizza  Chips  Baked Beans | Chicken in Gravy  Cubed Potatoes  Salad | Chilli con Carne Rice  Tortillas crisps | Sausages  Potato Wedges  Peas | Soup  (Tomato/Chicken)  Bread & Butter |
| **Pudding:** | Fresh fruit  platter | H/M Marble Cake | Rice Pudding | Shortbread | Fruit Smoothie |