

### *Our Breakfast Menu*

Selection of (nut free) cereals to include cornflakes, rice crispies, weetabix, with full fat cows milk. Wholemeal toast with honey or fruit jam. Served with water, organic cows milk or fruit juice.

### *Our Snack and Tea Menu in all rooms*

#### *Early Winter* *Late Winter*

1 December 2025      23 December 2025      2 January 2026      20 February 2026

		1 December 2025	23 December 2025	2 January 2026	20 February 2026
<b>Monday</b>	<b>Morning</b>	Wholemeal wrap with violife cream cheese		<b>Morning</b>	Welsh cake with honey
	<b>Afternoon</b>	Strawberries, mango and pineapple		<b>Afternoon</b>	Blueberries, tangerines and pear slices
	<b>Tea</b>	Fish fingers and spaghetti hoops		<b>Tea</b>	Beef burger and spaghetti hoops
<b>Tuesday</b>	<b>Morning</b>	Fruit loaf with honey		<b>Morning</b>	Crumpet with vitalite spread
	<b>Afternoon</b>	Rhubarb, orange and raisins		<b>Afternoon</b>	Apples, sultanas and peaches
	<b>Tea</b>	Sausage with baked beans		<b>Tea</b>	Rolled ham, hash brown and mixed vegetables
<b>Wednesday</b>	<b>Morning</b>	Oatcakes with red pepper houmous		<b>Morning</b>	Breakfast muffin with garlic violife spread
	<b>Afternoon</b>	Apple, red grapes and peaches		<b>Afternoon</b>	Apricots, banana, cherries
	<b>Tea</b>	Chicken dippers with hoisin plum sauce		<b>Tea</b>	Meatballs in tomato sauce and wholemeal pitta
<b>Thursday</b>	<b>Morning</b>	Brioche loaf with RS raspberry jam		<b>Morning</b>	Cinnamon and raisin bagel with RS blackcurrant jam
	<b>Afternoon</b>	Carrot batons, cucumber and pepper sticks		<b>Afternoon</b>	Mango, green grapes and plums
	<b>Tea</b>	Fluffy rice with sweet and sour sauce		<b>Tea</b>	Wholemeal toast with spaghetti
<b>Friday</b>	<b>Morning</b>	Apple and blackcurrant pie with cream		<b>Morning</b>	Flatbread with houmous
	<b>Afternoon</b>	Banana, apricots and lychees		<b>Afternoon</b>	Melon, pineapple and prunes
	<b>Tea</b>	Potato wedges and baked beans		<b>Tea</b>	Potato croquettes with baked beans