

### 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 Spring

#### Late Spring

		23 February 2026	3 April 2026	6 April 2026	5 June 2026
<b>Monday</b>	<b>Morning</b>	Bagel with RS Raspberry jam		<b>Morning</b>	Flatbread with caramelised onion houmous
	<b>Afternoon</b>	Orange slices, blueberries and red grapes		<b>Afternoon</b>	Galia melon, green grapes and prunes
	<b>Tea</b>	Sausage in a wholemeal pitta with chopped tomatoes		<b>Tea</b>	Meatballs in tomato sauce with wholemeal pitta
<b>Tuesday</b>	<b>Morning</b>	Flatbread with red pepper houmous		<b>Morning</b>	Hot cross bun with vitalite spread
	<b>Afternoon</b>	Apple pieces, peaches and mandarins		<b>Afternoon</b>	Rhubarb, peaches and apricot pieces
	<b>Tea</b>	Fish fingers with baked beans		<b>Tea</b>	Real sausage hot dog with tomato dip
<b>Wednesday</b>	<b>Morning</b>	Brioche bread with RS Lemon curd		<b>Morning</b>	Blueberry and vanilla rice cake
	<b>Afternoon</b>	Banana, watermelon chunks and raisins		<b>Afternoon</b>	Apples, red grapes and raisins
	<b>Tea</b>	Couscous with diced ham, peppers and tomatoes		<b>Tea</b>	Sweet potato wedges with baked beans
<b>Thursday</b>	<b>Morning</b>	Sreen with honey		<b>Morning</b>	Fruit loaf with RS Blackberry jam
	<b>Afternoon</b>	Nectarine pieces, green grapes and pineapple		<b>Afternoon</b>	Pear pieces, mango and pineapple
	<b>Tea</b>	Potato waffle and spaghetti hoops		<b>Tea</b>	Wholemeal toast and spaghetti hoops
<b>Friday</b>	<b>Morning</b>	Wholemeal toast with vitalite spread		<b>Morning</b>	Bread sticks with vegetable batons and houmous
	<b>Afternoon</b>	Pear halves, cherries and plums		<b>Afternoon</b>	Fruit cocktail with sultanas
	<b>Tea</b>	Fluffy rice with sweet and sour sauce		<b>Tea</b>	Hash browns and baed beans