

Gruffi's Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:45am	Kreemy Meel	Jungle Oats	Egg & Toast	Instant Porridge	Wheat Crunchies
Mid Morning Snack 10:00am	Jam sandwiches	Fruit Salad	Cheese & Biscuits	Fruit & Yogurt	Cheese spread sandwiches
Lunch 11:45pm	Mince & Rice & Vegetables OR Cottage Pie & Vegetables OR Pasta Bolognaise & Vegetables	Chicken Pasta & Vegetables OR Chicken & Vegetable Stew OR Chicken Fingers & Chips with Vegetables	Fish Cakes & Chips with Vegetables OR Cheesy Fish & Vegetables OR Fish Pie & Vegetables	Lamb Stew & Vegetables OR Liver & Rice with Vegetables Beef and carrot stew	Vegetable & Cheese Pasta OR Pasta salad with multi coloured vegetables OR Pumpkin Risotto
Afternoon Snack 3:00pm	Fruit & Yogurt	Little lentil patties	Fruit Salad	Apple Patties	Popcorn