



Helping Hands Seasonal Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					
Breakfast	Toast/Bagel or Cereal Fruit Juice/milk/ water	Toast/Bagel or Cereal Fruit Juice/milk/ water	Toast/Bagel Cereal Fruit Juice/milk/ water	Toast/Bagel or Cereal Fruit Juice/milk/ water	Toast / Bagel Cereal Fruit Juice /Milk / Water
Choice 2 snacks 4:15	Toast Yoghurt Cereal	Pan Au Chocolat Jelly Cereal	Croissant Raisins Cereal	Cheese Cracker Yoghurt Cereal	Pan au chocolat Cucumber, Tomatoes and carrot sticks Cereal
Light tea/5:50	Baked Potato Cheese/Beans	Sandwiches or Toasties	Wraps Chicken, Cheese or Ham	Scrambled Egg/ Beans and Sausages on Toast	Pancakes

