



Monthly Menu – The Aviary

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tomato Soup with French Bread  Fresh Fruit	Pasta with basil and tomato sauce  Fresh Fruit	Selection of savoury sandwiches  Rice Pudding	Crackers, cheese and grapes  Yoghurt	Spaghetti hoops on toast  Fruit and Custard
Week 2	Cheese on toast  Fresh Fruit	Pitta pockets with a variety of savoury fillings.  Fresh Fruit	Boiled egg and toast  Sugar free Jelly	Homemade cheese and tomato Pizza  Yoghurt	Crackers, cheese and grapes  Rice Pudding
Week 3	Scrambled egg on toast  Fresh Fruit	Pasta with basil and tomato sauce  Fresh Fruit	Selection of savoury sandwiches  Rice Pudding	Fish Finger Wraps  Yoghurt	Spaghetti hoops on Toast  Sugar free Jelly
Week 4	Tomato Soup with French Bread  Fresh Fruit	Homemade cheese and tomato Pizza  Fresh Fruit	Pitta pockets with a variety of savoury fillings.  Rice Pudding	Macaroni cheese and salad  Fruit And Custard	Beans on Toast  Yoghurt