

# MENU WRAP AROUND CARE 1



mindful  
**food**  
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

## WEEK 1

Toasted tea cakes  
(G,Se,Mk)

Apple and  
sultana muffins  
(G,Se,Mk,E)

Cheese and  
tomato pinwheels  
(G,Mk,E)

Oatmeal cookie  
(G,Mk,E)

Popcorn brownie  
(G,Mk,E)

## WEEK 2

Cherry tomatoes  
and mozzarella  
sticks  
(Mk)

Banana bread  
(G,Mk,E)

Chocolate  
chip cookie  
(G,So,Mk,E)

Cheese dip with  
crackers  
(G,E,Mk)

Boost bar  
(G,Su,Mk)

## WEEK 3

Nacho and  
humous pots  
(G,Se,Mk)

Bagel with  
cream cheese  
and blueberries  
(G,Se,Mk)

Flapjack  
(G,Mk)

Focaccia  
fingers Olive  
oil dip  
(G,Su)

Banana muffin  
(G,Mk,E)



### Dates

Wk 1: 18<sup>th</sup> April, 9<sup>th</sup> May, 6<sup>th</sup> June, 27<sup>th</sup> June  
Wk 2: 25<sup>th</sup> April, 16<sup>th</sup> May, 13<sup>th</sup> June  
Wk 3: 2<sup>nd</sup> May, 23<sup>rd</sup> May, 20<sup>th</sup> June

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

# MENU WRAP AROUND CARE 2



mindful  
**food**  
BOOST YOUR MIND

## WEEK 1

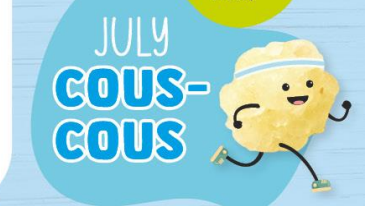
Monday	Tuesday	Wednesday	Thursday	Friday
Homemade cheese and tomato pinwheel <b>(G,Mk)</b> Dried Raisins Flapjack <b>(G,Mk)</b>	Tuna wrap with lettuce <b>(F,G,E)</b> Dried apricot Fruit jelly	Nut Free Pesto Wholemeal Pasta <b>(G,Mk)</b> Dried raisins Vanilla cake <b>(G,Mk,E)</b>	Sausage roll with carrot and cucumber batons <b>(G)</b> Dried apricots Fruit yogurt <b>(Mk)</b>	Cheese or Ham sandwiches <b>(G,Mk)</b> Crudités and tortilla chips Oat cookie <b>(G,Mk,E)</b>

## WEEK 2

Ham and cheese wrap <b>(G,Mk)</b> Carrot and cucumber batons Flapjack <b>(G,Mk)</b>	Butcher's pork sausage roll <b>(G)</b> Cheese twist <b>(G,Mk)</b> Dried raisins Chocolate cake <b>(G,Mk,E)</b>	Tomato wholemeal pasta <b>(G)</b> Dried apricots Banana cake <b>(G,Mk,E)</b>	Cheese and biscuits <b>(G,Mk)</b> Crudités and hummus Dried raisins Fruit yogurt <b>(Mk)</b>	Cheese or Ham sandwiches <b>(G,Mk)</b> Crudités Dried apricots Chocolate cookie <b>(G,Mk,E)</b>
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## WEEK 3

Penne roasted pasta pot <b>(G)</b> Dried Raisins Chocolate cake <b>(G,Mk,E)</b>	Ham or cheese wrap <b>(G,E,Mk)</b> Carrot and cucumber batons Vanilla cake <b>(G,Mk,E)</b>	cheese and onion sausage roll <b>(G,E,Mk)</b> Dried dates Lemon cheesecake <b>(G,Mk,E)</b>	Tuna pasta salad <b>(G,Mk,F,E)</b> Dried apricots Fruit yogurt <b>(Mk)</b>	Cheese or Ham sandwiches <b>(G,Mk)</b> Tortilla chips Dried raisins Butter cookie <b>(G,Mk,E)</b>
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### Allergens