

RHH Summer Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
Snack (served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Lunch (served between 11:30am - 12pm)	Leek & Cheese Risotto	Bulgar & Vegetable Pilaf	Creamy Salmon & Broccoli Pasta	Stuffed Aubergine with Tomato, Rice & Feta	Penne Pasta with Tomato Sauce & Plant-Based Meatballs
	Blueberries	Watermelon	Grapes	Orange	Pineapple
Snack (served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Tea (served at 4pm)	Plant-Based Burgers in Bread Buns with Greek Salad & Potato Wedges/Waffles	Super Green Mac 'n' Cheese	Hummus, Halloumi, Pita Bread, Carrot & Cucumber Sticks	Tuna Pasta Bake	Vegetable Fingers with Baked Beans
	Orange Muffins	Fruit Salad	Coconut Tray Bake	Jelly with Fruits	Banana Marble Cake

RHH Summer Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
Snack (served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Lunch (served between 11:30am - 12pm)	Vegetable Stir-Fry with Rice Noodles	Butternut Squash & Chickpea Tagine with Cous Cous	Mixed Vegetable Risotto	Spaghetti Bolognese with Garlic Bread	Greek Briami with Feta Cheese & Pitta
	Peaches	Banana	Pear	Cantaloupe Melon	Mango
Snack (served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Tea (served at 4pm)	Mediterranean Stuffed Peppers	Fish Fingers, Chips & Peas	Sweet Jacket Potato with Cheese & Beans	Cheese & Tomato Toastie with Broccoli	Fish Burger in Bread Buns with New Potatoes & Cucumber Sticks
	Jam Role Poly	Carrot Cake	Cinnamon Apple Chips	Bananas & Custard	Jam Tarts

RHH Summer Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
Snack (served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Lunch (served at 11:30am/12pm)	Fish Pie	Cauliflower Curry with Rice	Traditional Greek Fasolaki served with Pitta Bread	Courgette, Pea & Mint Risotto	Moussaka
	Raspberries	Plum	Honeydew Melon	Strawberries	Apple
Snack (served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
Tea (served at 4pm)	Pesto Bow-Tie Pasta with Tomatoes	Rainbow Pizza with Salad	Tuna Salad & Couscous	Fish Cakes with Mixed Vegetables	Plant-Based Sausages & Potato Salad
	Oaty Biscuits	Greek Yoghurt & Honey	Lemon Muffins	Petit Filous	Orange Cake