

# Rc Red Cafe

## Monday

**Snack:** Vanilla Muffin with icing & fresh fruit pieces

**Meal:** crumbed chicken strips & potato wedges

## Tuesday

**Snack:** cheese sandwich & fresh fruit pieces

**Meal:** napolitana, spaghetti & cucumber sticks

## Wednesday

**Snack:** cocktail flapjacks & fresh fruit pieces

**Meal:** fish fingers, mashed potato & gravy

## Thursday

**Snack:** jam sandwich & fresh fruit pieces

**Meal:** macaroni and cheese & carrot sticks

## Friday

**Snack:** chocolate cake & fresh fruit pieces

**Meal:** hot dog & roasted potato wedges

## Veg, Vegan, No Beef and Gluten Free options

## Monday

**Snack:** gluten Muffin & fresh fruit pieces

**Meal:** fries crumbed strips/gluten free crumbed chicken strips & potato wedges

## Tuesday

**Snack:** vegetarian & fresh fruit pieces

**Meal:** napolitana with gluten free spaghetti & cucumber sticks

## Wednesday

**Snack:** cocktail chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit pieces

**Meal:** zucchini baby marrow strips, mashed potato & gravy

## Thursday

**Snack:** jam sandwich & fresh fruit pieces

**Meal:** gluten free macaroni pasta & carrot sticks

## Friday

**Snack:** gluten free chocolate cake & fresh fruit pieces

**Meal:** Vegetarian sausage and roasted potato wedges

Rc ELS Menu

Week 1