

**Adult Modified Fibre - Menu & Product Listings**

Product Description
<b>Breakfast</b>
Corn Flakes
Rice Krispies
Coco Pops
Whole Milk
Semi-Skimmed Milk
Alpro Soya Milk
Mullerlight Fruit Yogurt
Muller Thick and Creamy Fruit Yogurt
Alpro Soya Yoghurt
White Toast
Butter
Sunflower Spread
Jam
Marmalade
Philadelphia
Marmite
<b>Starter</b>
Cream of Tomato Soup - HEINZ
Cream of Chicken Soup - HEINZ
Cream of Mushroom Soup - HEINZ
Orange Juice
Pineapple Juice
Apple Juice
Bread Roll
Butter Portion
Sunflower Spread
<b>Light Bites</b>
White Cheese Sandwich
White Egg Mayonaise
White Ham
White Tuna Mayo
White Chicken Mayonnaise
White Corned Beef
<b>Or</b>
Jacket Potato
Cheese
Plain Tuna
Tuna Mayonnaise

Egg Mayonnaise
Cottage Cheese
Or
Plain Omelette
Cheese Omelette
Main Meal
Or
Plain White Fish
Tinned Tuna
Roasted Chicken
Sliced Ham
Cold Hard-Boiled Egg
Boiled Rice
Mashed Potato
Spaghetti Hoops in Tomato Sauce
Swede & Carrot Mash
Chips
Diced Carrots
Gravy
Or
Chicken Arabic Rice and Veg
Lamb Arabic Rice and Veg
Chicken Tikka Masala
Sweet and Sour Chicken
Macaroni Cheese
Cheese & Tomato Pasta
Chapatti
Natural Yoghurt
Desserts
Muller Yoghurt Thick & Creamy
Mullerlight Fruit Yogurt
Ambrosia Rice Pudding
Ambrosia Custard Pot
Creme Caramel
Strawberry Mousse
Strawberry Jelly
Strawberry Jelly
Alpro Soya Yoghurt
Fruit Cocktail
Cheese & Biscuits
Butter Portion
Sunflower Spread
Chocolate Sponge
Raspberry Jam Sponge
Custard

Snacks
Baked Crisps Cheese & Onion
Baked Crisps Salt & Vinegar
Baked Crisps Ready Salted
Quavers
Wotsits
Pom Bear
Skips
Plain Sponge Cake
Strawberry Spoge Cake
Chocolate Sponge Cake