

- Tuesday - SUPPER TIME SNACK



An essential part of the day

A supper-time snack can be essential to bridge the gap between the evening meal and breakfast the next morning. For residents with a smaller appetite, supper helps provide the small but regular amounts of food essential to maintaining a healthy weight.

In colder months, a mug of soup, crumpets or toast make a comforting evening snack while providing residents with an array of nutrients and energy; selections of cheese and crackers with chutney are a great cold snack option. Offering warm milky drinks with your supper, such as hot chocolate, is a great way to keep residents hydrated.



Savoury



A 6001	Knorr Pasta - 3 Cheese Tortellini	1x1kg
A 1474	Brakes Cream Crackers	2x150
C 71099	Philadelphia Portions	1x24
C 74735	Dairylea Triangles	8x18
C 71404	Mini Babybel Portions	1x96
A 114008	Border Biscuit Sharing Pack	4x400g
A 85875	Ryvita Dark Rye Twin Pack	2x60



Sweet



F 34339	Chocolate Chunk Cookie Pucks	1x90
F 34338	Oat, Raisin & Lemon Cookie Pucks	1x90
A 84533	Brakes All Butter Shortbread Rounds	1x200
A 29859	Tunnocks Caramel Log	1x48
A 29860	Tunnocks Milk Chocolate Teacakes	1x36
A 89519	Wrapped Genoa Cake Slice (GF)	1x100
A 25602	Angel Delight Strawberry Flavour	1x600g

Drinks

Arriba Cocoa Powder	
A 89938	1x1kg
Cadbury Bournville Fairtrade Cocoa	
A 88976	1x1.5kg
Horlicks	
A 505	1x2kg
Ovaltine	
A 28502	1x800g
Brakes Aerosol Cream	
C 18502	1x500g
Marshmallows	
A 29957	1x450g
Marvel Skimmed Milk Powder	
A 131409	4x2kg



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Welsh rarebit on toast with onion chutney

Serves 1



Ingredients

F 113099	La Boulangerie Artisan Plain Sourdough Loaves	60g
C 74903	Brakes Hot Mustard Rarebit Topper	50g
A 86274	Brakes Caramelised Red Onion Chutney	20g
C 74063	Watercress	5g

Preparation

1. Defrost bread and slice evenly
2. Pick and wash the watercress

Method

1. Toast the sourdough on both sides
2. Spread the sourdough with chutney and the rarebit topper
3. Melt under the grill
4. Serve with watercress on the side

Pasta carbonara bakes

Serves 24



Ingredients

A 124868	Garofalo Gluten Free Spaghetti Pasta	300g
C 71018	Grated Parmigiano Reggiano	100g
A 16392	Brakes British Free Range Fresh Medium Eggs	3ea
C 70215	Brakes Fresh Double Cream	250ml
F 110768	Brakes Pulled Ham Hock	250g
C 10481	Curly Parsley	50g
A 88932	Brakes Wholegrain Mustard	50g

Preparation

1. Cook the spaghetti as per pack instructions

Method

1. Mix the cooked spaghetti in with all of the other ingredients
2. Poor into a greased muffin tin
3. Bake for 15-20 mins or until cooked
4. Allow to cool slightly before serving