



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.30)	Cereal with Milk/ Toast and butter Fruit Milk/Water	Cereal with Milk/ Toast and butter Fruit Milk/Water	Cereal with Milk/ Toast and butter Fruit Milk/Water	Cereal with Milk/ Toast and butter Fruit Milk/Water	Cereal with Milk/ Toast and butter Fruit Milk/Water
Morning Snack (10am)	Grapes and Oranges Milk/Water	Rice Cakes with Melon Milk/Water	Apples and Pears Milk/Water	Crackers with cheese and grapes Milk/Water	Bananas Milk/Water
Lunch (11.30am)	Shepherd's pie Fruit Yoghurts	Homemade vegetarian lasagne (Carrots, spinach, squash) Fruit Yoghurts	Chicken Tagine with Cous-Cous Banana Bread	Grilled fish with Steamed peas and carrots Fruit Yoghurts	Chilli con carne with rice Fruit Yoghurts
Afternoon Snack (2:30 pm)	Breadsticks and Carrot Sticks with Hummus Milk /Water	Banana and Oranges Milk /Water	Cheese straws/Cucumbers and Peppers and cheese dip Milk/Water	Fruit Salad Milk/Water	Rice cakes with cheese spread Milk/Water
Tea (4pm)	Hearty Vegetable soup with crusty roll	Chicken Enchiladas	Rigatoni with Tomato basil and Mozzarella	Jacket potato beans and cheese	Broccoli and sweet potatoes fritters Home-made wedge

