





Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.30)	Cereal with Milk/ Toast and butter	Cereal with Milk/ Toast and butter	Cereal with Milk/ Toast and butter	Cereal with Milk/ Toast and butter	Cereal with Milk/ Toast and butter
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Morning Snack (10am)	Grapes and Oranges	Rice Cakes with Melon	on Apples and Pears  Milk/Water	Crackers with cheese and grapes	Bananas Milk/Water
	Milk/Water	Milk/Water		Milk/Water	
Lunch (11.30am)	Shepherd's pie Fruit Yoghurts	Homemade vegetarian lasagne (Carrots, spinach, squash)	Chicken Tagine with Cous-Cous	Grilled fish with Steamed peas and carrots	Chilli con carne with rice
		Fruit Yoghurts	Banana Bread	Fruit Yoghurts	Fruit Yoghurts
Afternoon Snack ( 2:30 pm)	Breadsticks and Carrot Sticks with Hummus	Banana and Oranges h Milk /Water	Cheese straws/Cucumbers and Peppers and cheese dip	Fruit Salad	Rice cakes with cheese spread
	Hummus Milk /Water		Milk/Water	Milk/Water	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





