



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (7.30-8.30)</b>	Cereal with Milk/ Toast and butter  Seasonal Fruit  Milk/Water	Cereal with Milk/ Toast and butter  Seasonal Fruit  Milk/Water	Cereal with Milk/ Toast and butter  Seasonal Fruit  Milk/Water	Cereal with Milk/ Toast and butter  Seasonal Fruit  Milk/Water	Cereal with Milk/ Toast and butter  Seasonal Fruit  Milk/Water
<b>Morning Snack (10am)</b>	Grapes and Oranges  Milk/Water	Breadsticks and Carrot Sticks with Hummus  Milk/Water	Apples and Pears  Milk/Water	Crackers and Cheese and Grapes  Milk/Water	Bananas  Milk/Water
<b>Lunch (11.30am)</b>	Chicken Casserole with Mash  Banana Bread	Vegetable Curry with rice  Natural Yogurt with Fruit	Tuna Pasta Bake  Natural yoghurt with fruits	Roast chicken with courgette fingers and roast potatoes  Natural yogurt with fruit	Fish Pie  Natural yoghurt with fruit
<b>Afternoon Snack (2:30 pm)</b>	Rice Cakes, Melon  Milk /Water	Rice Cakes with Peppers and cheese dip  Milk /Water	Cheese straws, cucumber, peppers, and cheese dip  Milk/Water	Fruit Salad  Milk/Water	Rice Cakes with Cheese Spread  Milk/Water
<b>Tea (4pm)</b>	Sweetcorn and spinach fritters	Baked chicken fingers with sweet potato wedges	Spanish Omelette	Falafel with hummus with pitta bread	Spaghetti Bolognaise