

## WEEK3

Choice of Choice of Choice of Choice of Choice of Choice of Cereal, fruit & cereal, fruit & cereal, fruit & cereal, fruit & wholemeal wholemeal wholemeal wholemeal
toast toast toast toast toast
Snacks  Apple & Cheese  Wholemeal pitta with Tzatziki & Pepper  Bagels with hummus & avocado  Wholemeal pitta with guacamole  Greek yoghur strawberr
Lunch Tomato Pasta & sweetcorn  Spiced chicken with rice & broccoli  Roast chicken dinner  Sausage, mash potatoes & carrots  Fish, pota
Pudding Fresh fruit Fresh fruit Fresh fruit Fresh fruit Fresh fruit
Snacks  Corn cakes with orange  Cheese twists with tomato salsa  Breadsticks with carrots and cheese spread  Apple and oat
Tea Beans on toast  Jacket potato with tuna & sweetcorn  Cheesey - peasy pasta  Scrambled eggs with wholemeal toast & cherry tomato  Pizza muffins vegetable st
Pudding  Greek yoghurt with banana fingers  Unsweetened rice pudding with blueberries  Watermelon  Winter berries & cream  Banana & cu



## WEEK2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast
Snacks	Grapes & cheese	Watermelon & greek yoghurt	Wholemeal pitta bread & sour cream dip	Corncakes, carrot & guacamole	Greek yoghurt & strawberries
Lunch	Vegetable fajitas with mixed rice & corn	Creamy chicken pie with carrots & mashed potato	Roast pork dinner	Spiced chicken, sunshine rice & peas	Fish, potato & peas
Pudding	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snacks	Wholemeal pitta with hummus	Pepper sticks, breadsticks & tatziki	Home made banana muffins	Cheese twists & apple slices	Cucumber sticks, breadsticks & hummus
Tea	Tuna pasta with vegetables	Jacket potato with baked beans	Cheese on toast	Toasted pitta pockets with veggie sticks	Tomato & basil soup with home made bread
Pudding	Greek yoghurt with berries	Orange slices	Pear	Unsweetened rice pudding with blueberries	Banana & dairy free cream



## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal, fruit & wholemeal toast	Choice of cereal, fruit & wholemeal toast			
Snacks	Oatcakes & Tatziki	Corncake, carrots & Guacamole	Grapes & Greek yoghurt	Watermelon fingers & Cheese sticks	Cheese twists & tomato salsa
Lunch	Vegetarian Bolognaise	Chicken curry with rice & peas	Roast chicken dinner	Quorn vegetable stir fry	Fish, potato & peas
Pudding	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Snacks	Breadsticks with carrots & hummus	Apple & Cheese	Flatbread & sourcream dip	Crumpets with soft cheese & cucumber	Peppers, breadstick & tatziki
Tea	Cheese on toast with cucumber sticks	Jacket potato with beans	Tomato pasta	Scrambled eggs with wholemeal toast & cherry tomato	Vegetable soup with wholemeal bread
Pudding	Unsweetened rice pudding with strawberies	Fresh Melon	Banana	Stewed apple & custard	Greek yoghurt & Raspberries