



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.30)	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
Morning Snack (10am)	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
Lunch (11.30am)	Meat Curry with potato rice Natural Yogurt with fruit	Vegetable casserole with mash Flapjacks	Chicken Roast potatoes, carrots and parsnip Natural yogurt with fruit	Lasagne with salad Blueberries muffins	Tomato and herbs pasta Natural yoghurt with fruit
Afternoon Snack (2:30 pm)	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
Tea (4pm)	Mini Pizzas	Cheesy Vegetable wraps	Moroccan Lentil Soup	Fishcakes and salad	Quiche