

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MID-MORNING SNACK Apple, mango with a breadstick Milk or water	MID-MORNING SNACK Carrots, celery sticks, apple, cheddar cheese and cream crackers, milk or water	MID-MORNING SNACK Celery and carrot sticks, with pita bread and houmous Water or milk	MID-MORNING SNACK English muffin with cheese spread and orange Water or milk	MID-MORNING SNACK Pear and banana with oatcakes Water or milk
	LUNCH Markel with sweet potatoes chips and peas Water, milk	LUNCH Red lentil and vegetable pasta Water, milk	LUNCH Chickpeas and veg curry Basmati Rice, salad Water, milk	LUNCH Gnocchi with pesto, fish on a bed of veg, cheese and green beans Water, milk	LUNCH Sausage casserole with root vegetables Water or milk
	PUDDING Greek yoghurt with canned peach	PUDDING Homemade Flapjack	PUDDING Semolina	PUDDING rice pudding with cinnamon	PUDDING Greek yoghurt with bananas and raisins
	TEA Beans on brown toast with veg sticks Water, milk	TEA Chickpeas, spinach and pepper omelette Water, milk	TEA Black bean and cheese quesadillas, salad water and milk	TEA Pita bread with houmous, cheese, boiled egg and veg sticks Water, milk	TEA Mercimek (Lentil) soup wholemeal toast Water, milk
	PUDDING Apple crumble with custard	PUDDING Greek yoghurt with fruit cocktail	PUDDING Rhubarb crumble with yoghurt	PUDDING Semolina with cinnamon	PUDDING Baked apples with Yoghurt
	MID-AFTERNOON SNACK Orange and blueberries with crackers Milk or water	MID-AFTERNOON SNACK Strawberries and grapes breadsticks Milk or water	MID-AFTERNOON SNACK Melon and cheddar cheese Water or milk	MID-AFTERNOON SNACK Pineapple, kiwi with breadsticks Water or milk	MID-AFTERNOON SNACK Hard-boiled eggs, breadsticks and cherry tomatoes Water or milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2 10 am	MID-MORNING SNACK seasonal fruits and breadstick Water or milk	MID-MORNING SNACK Banana and grapes buttered wholemeal toast Water or milk	MID-MORNING SNACK Wholemeal toast with cream cheese and carrot sticks Water or milk	MID-MORNING SNACK Rice cake with seasonal fruits Water and milk	MID-MORNING SNACK Cream crackers with cream cheese spread and apple Water and milk
12 pm	LUNCH Meatballs and vegetables in a tomatoes sauce served with wholemeal spaghetti Water, milk	LUNCH Lentil and vegetable cottage pie Water, milk	LUNCH Chickpeas, vegetable curry, basmati rice plain Greek yoghurt, mango chutney Water, milk	LUNCH Fresh tofu and pesto pasta with sweetcorn broccoli Water, milk	LUNCH Vegetable and chicken rice noodles Water, milk
	PUDDING Greek yoghurt with honey	PUDDING Custard with stewed apples	PUDDING Rice pudding with raisins	PUDDING Greek Yoghurt with fruit cocktail	PUDDING Baked banana, cinnamon
3 pm	TEA Scrambled/boiled eggs with hummus, carrot and cucumber stick, wholemeal toast Water or milk	TEA Wholemeal cheese and tuna sandwich, peppers and celery stick Water, milk	TEA Butternut and beans soup with wholemeal toast Water, milk	TEA Spinach and ricotta ravioli in tomato sauce, Salad Water, milk	TEA Leek, potato, carrot and lentil soup with wholemeal toast Water, milk
	PUDDING Stewed seasonal fruits with greek yoghurt	PUDDING Waffles with fruit yoghurt	PUDDING Apple and cinnamon scones	PUDDING Rice pudding with honey	PUDDING Avocado and banana mousse
5 pm	MID-AFTERNOON SNACK Brown Toast with cream cheese and apple Water or milk	MID-AFTERNOON SNACK Orange and grapes, breadstick Water and milk	MID-AFTERNOON SNACK Celery and cucumber with a toasted bagel and spread Water and milk	MID-AFTERNOON SNACK Plane pancake with yoghurt and pear Water and milk	MID-AFTERNOON SNACK seasonal fruits with rice cake Water and milk

