



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Banana, Apple Rice Cake Water & Milk	Orange Pear Breadsticks Water & Milk	Melon, Banana Crackers Water & Milk	Grapes, Orange Crumpets Water & Milk	Apple, Pear Rice Cakes Water & Milk
LUNCH	Chicken Alfredo Yoghurt Water	Fish Pie & Peas Dried fruit & plain biscuit Water	Slow cooker Tomato Penne Pasta Bananas & vanilla yoghurt Water	Vegetable Lasagne Yogurt Water	Ratatouille Risotto Rice pudding Water
AFTERNOON SNACK	Melon, Orange Bread Sticks Water & Milk	Banana, Grapes Crackers Water & Milk	Apple, Pear Melba Toast Water & Milk	Banana, Pear Rice Cakes Water & Milk	Fruit Salad Bread sticks Milk & Water
DINNER	Variety of Sandwiches with Cucumber & tomatoes Water	Jacket potato with cheese & beans Water	Scrambled eggs on toast Water	Beans on Toast Water	Hummus, Pitta Bread & Veggie Sticks Water

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Banana, Orange Breadsticks Water & Milk	Pear, Grapes Rice Cakes Water & Milk	Melon, Apple Crackers Water & Milk	Banana, Pear Crumpets Water & Milk	Apple, Orange Breadsticks Water & Milk
LUNCH	Fish Fingers & Wedges Yoghurt Water	Spaghetti Bolognaise Dried fruit & plain biscuit Water	Vegetable Quesadilla Bananas & Vanilla Yoghurt Water	Slow cooker Mac & Cheese Yoghurt Water	Homemade Pizza Rice Pudding Water
AFTERNOON SNACK	Grapes, Pear Rice Cake Water & Milk	Apple, Melon Crackers Water & Milk	Orange, Banana Melba Toast Water & Milk	Pear, Apple Breadsticks Water & Milk	Fruit Salad Rice Cakes Water & Milk
DINNER	Beans on Toast Water	Selection of wraps, cucumber & tomatoes Water	Jacket potato with cheese & beans Water	Homemade soup & bread Water	Cous cous & Veggie Sticks Water