



WEEKLY MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge and a selection of cereals with hot and cold milk.	Porridge and a selection of cereals with hot and cold milk.	Porridge and a selection of cereals with hot and cold milk.	Porridge and a selection of cereals with hot and cold milk.	Porridge and a selection of cereals with hot and cold milk.
SNACKS AM	Fruit selection Rice cakes	Apples Crudites	Rice Cakes Bananas Pears	Cucumber Fingers Rice Cakes Banana	Fruit selection Breadsticks Hummus
LUNCH	Spaghetti Bolognese with steamed vegetables	Fish stew with mashed potatoes and Broccoli	Chicken/Fish Curry with Rice and Vegetables	Beef / Vegetable Lasagne	Fish /Vegetable Fingers Mashed potatoes Baked Beans
SNACKS PM	Natural Yogurt Fruits	Rice Cakes and Banana	Mixed Fruit	Natural Yogurt Fruits	Mixed fruit
TEA	Vegetable Cous Cous	Sweet potato and Lentil Soup and warm bread	Warm pitta sandwiches with hummus, Ham, cheese and crudites	Tuna or Cheese with baked Jacket potatoes	Mixed Sandwiches with cheese, cucumber, chicken or Hummus. Fresh Fruit salad.