



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Cereals and Dried Fruit or Porridge	Selection of Cereals and Dried Fruit or Porridge	Selection of Cereals and Dried Fruit or Porridge	Selection of Cereals and Dried Fruit or Porridge	Selection of Cereals and Dried Fruit or Porridge
Toasted Tea Cakes	Wholemeal Toast	Toasted Muffin	Scotch Pancakes	Crumpets
Chicken and Vegetable Risotto Warm Pears with Cream	Cottage Pie with Vegetables Strawberry Jelly	Cheese dip with Bread Sticks Poached Salmon with Mash and Broccoli	Creamy Chicken and Pea Pasta Bake Ice Cream	Sausage and Five Bean Casserole with Crusty Roll Banana Smoothie
Bread Sticks	Raisins	Carrot and Cucumber Sticks	Rice Cakes	Cream Crackers and Soft Cheese
Spaghetti on Toast Melon Fingers	Ham Wraps with Cucumber and lettuce Bananas	Cheese Sandwiches with Peppers and cherry Tomato Berries with Yoghurt	Split Lentil and Sweet potato Soup with Pitta Fingers Pineapple	Tuna and Sweetcorn Pasta Pears