



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
Fruit platter	Toasted teacakes	Wholemeal toast	Croissants and strawberries	Crumpets
Vegetarian "Meat"balls Tagliatelle Yoghurts	Pork Stroganoff Vegetable Couscous Fruit Crumble & Custard	Fish Paella Jelly	Sweet & Sour Chicken Noodles Chocolate & Beetroot Sponge	Roast Dinner Fruit Cocktail
Rice cakes	Raisins	Breadsticks	Apple and cheese	Rainbow platter – vegetable sticks
Ham Sandwiches Vegetable sticks Bananas	Cream Cheese & Cucumber Wraps Carrot sticks Pineapple	Dips with Dips Apple Slices	Cheese oatcakes Cherry tomatoes Sliced melon	Vegetable Soup Bread & butter Oaty biscuits