

Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Milk and water	Selection of cereals Water and milk	Selection of cereals Milk and water	Selection of cereals Milk and water	Selection of cereals Milk and water
Snack	Milk Breadsticks	Milk Houmous and Veg sticks	Milk Fruit	Milk Fruit	Milk Rice cake
Lunch	Shepherds pie Carrots Green beans Mousse Water	Fishcakes with mushy peas and carrots Semolina Water	Chicken Korma and Rice Apple Pie and custard Water	Sausage casserole Ice cream Water	Chilli Rice Banana and custard Water
Tea	Toasted currant teacakes Seasonal fruit salad Water	Selection of cereals Satsuma Milk and water	Tuna Pasta salad cupcake Water	Selection of wraps and sandwiches Biscuit Water	Baked beans with bread and butter Seasonal Fruit salad Water