

Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Water and milk	Selection of cereals Water and milk	Selection of cereals Water and milk	Selection of cereals Water and milk	Selection of cereals Water and milk
Snack	Milk Fruit	Milk Breadsticks	Milk Fruit	Milk Houmous and Veg sticks	Milk Fig roll
Lunch	Gammon, potatoes with broccoli and carrots ice cream Water	Sweet and Sour Chicken Rice Flapjacks Water	Chicken casserole and creamed potato Yoghurt Water	Vegetable pasta in a tomato sauce Rice pudding Water	Cowboy pie Jam tart & custard Water
Tea	Beans on toast Cupcake Water	Cheese or ham and Crackers with veg sticks Fruit Water	Pizza with vegetable sticks Yoghurt Water	Crumpets Banana Water	Sandwich selection Fruit Water