

Week 1

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	Milk	Milk	Milk	Milk
	Jacket potatoes with beans or cheese  Rice Pudding or fruit  Water	Fish pie with swede & sweetcorn  Yoghurt or fruit  Water	Pasta in a vegetable tomato sauce  Seasonal Fruit crumble and custard or fruit  Water	Gammon or vegetable sticks with new potatoes, carrots & cabbage  Chocolate whip or fruit  Water	Chicken or quorn curry with rice  Jam sponge and custard or fruit  Water
Tea	Crumpets  Fruit  Water	Sandwich selection  Vegetable sticks  Water	Sausage or cheese rolls Cherry tomatoes and cucumber  Seasonal fruit salad  Water	Cheese pitta bread  Fairy cake  Water	Beans with bread and butter  Seasonal fruit salad  Water