

Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Milk and water	Selection of cereals Milk and water	Selection of cereals Milk and water	Selection of cereals Milk and water	Selection of cereals Milk and water
Snack	Milk or water	Milk or water	Water and milk	Water and milk	Milk or water
Lunch	Macaroni cheese with garden peas and sweet corn Semolina or fruit Water	Fishcakes with cauliflower and mushy peas Custard tart or fruit Water	Sausage, mash and vegetables. Fruit salad Water	Turkey meat balls in tomato sauce with pasta Angel delight or fruit Water	Chilli con carne with rice Sultana sponge & custard or fruit Water
Tea	Toasted teacakes Vegetable sticks Water	Scrambled egg with bread and butter Yoghurt Water	Toasted muffins with cheese spread cupcake Water	Spaghetti hoops on toast Fresh fruit Water	Sandwich selection Vegetable sticks Water