

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/water	Milk/water	Milk/water	Milk/water	Milk/water
Lunch	Spaghetti Bolognese Chocolate Sponge and custard or fruit Water	Chicken or quorn nuggets, potato wedges and peas and sweetcorn Trifle or fruit Water	Vegetable curry with Rice Banana and custard Water or fruit	Sausage Casserole & Creamed potatoes Rice pudding or fruit Water	Fish, new potatoes & mushy peas Jam tart and custard or fruit Water
Tea	Baked beans with bread and butter Fresh fruit Water	Crumpets Home baked biscuits Water	Wraps with a selection of fillings Fruit Water	Sandwich selection Veg sticks Water	Hotdogs with cucumber sticks and cherry tomatoes Yoghurt Water