

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 Fruit	Milk Houmous and Veg sticks	Milk Fruit	Milk Rice cake
Lunch	Shepherd's pie served with carrots and green beans  Mousse	Chicken Korma and rice  Ice cream	Tender beef stew and dumplings  Homemade apple pie and custard	Toad in the hole served with sweetcorn and broccoli  Homemade rice pudding	Fishcakes with garden peas and carrots  Banana and custard
Tea	Toasted currant teacakes  Seasonal fruit salad	Selection of sandwiches  Seasonal fruit	Warming homemade vegetable soup and breadroll  Homemade cupcake	Selection of wraps and sandwiches  Homemade biscuit	Baked beans with bread and butter  Seasonal Fruit salad