

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 Malt loaf	Milk Fruit	Milk Houmous and Veg sticks	Milk Fig roll
Lunch	Gammon, creamy mashed potatoes with fresh broccoli and carrots Ice cream	Chilli con carne served with basmati rice Fruit salad	Chicken casserole served with homemade Yorkshire pudding Seasonal fruit meringue nest	Tomato Pasta Bake Home made rice pudding with a dollop of strawberry jam	Cheesy cowboy pie Selection of seasonal fruit
Tea	Spaghetti on toast Cupcake	Cheese or ham crackers with a selection of vegetable sticks Flapjack	Pizza with vegetable sticks Yoghurt	Crumpets Selection of seasonal fruit	Sandwich selection Lemon curd tart