

WEEK 1	Breakfast	Am snack	Lunch	Pm snack	Tea
MONDAY	Porridge Variety of cereals Toast Fresh fruit	Crackers With cream cheese	Jacket potato With beans Melon	Veggie sticks	Spaghetti on toast
TUESDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks and houmous	Chicken and Vegetable soup with wholemeal bread Pineapple	Wholemeal pitta with cream cheese	Muffins
WEDNESDAY	Porridge Variety of cereals Toast Fresh fruit	Rice cakes and apple slices	Tuna pasta Apple and pear	Veggie sticks	Bagels
THURSDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks	Curry and rice Fruit salad	Crackers with cream cheese	Sandwiches and veg sticks
FRIDAY	Porridge Variety of cereals Toast Fresh fruit	Wholemeal pitta with cream cheese	Moroccan chicken and cous cous Kiwi	Veggie sticks	Crumpets

WEEK 2	Breakfast	Am snack	Lunch	Pm snack	Tea
MONDAY	Porridge Variety of cereals Toast Fresh fruit	Crackers With cream cheese	Pasta Bolognese Pineapple	Veggie sticks	Bagels
TUESDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks and houmous	Potato and leek soup with wholemeal bread Melon	Wholemeal pitta with cream cheese	Wraps and veggie sticks
WEDNESDAY	Porridge Variety of cereals Toast Fresh fruit	Rice cakes and apple slices	Jacket potato with tuna mayo Apple and pear	Veggie sticks	Beans on toast
THURSDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks	Beef mince casserole Kiwi	Crackers with cream cheese	Crumpets
FRIDAY	Porridge Variety of cereals Toast Fresh fruit	Wholemeal pitta with cream cheese	Chicken pot pie pasta Fruit salad	Veggie sticks	Muffins

WEEK 3	Breakfast	Am snack	Lunch	Pm snack	Tea
MONDAY	Porridge Variety of cereals Toast Fresh fruit	Crackers With cream cheese	Jacket potato with tuna Pineapple	Veggie sticks	Spaghetti on toast
TUESDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks and houmous	Turkey mince casserole Melon	Wholemeal pitta with cream cheese	Muffins
WEDNESDAY	Porridge Variety of cereals Toast Fresh fruit	Rice cakes and apple slices	Chicken and vegetable pasta Apple and pear	Veggie sticks	Bagels
THURSDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks	Mediterranean pasta Kiwi	Crackers with cream cheese	Sandwiches and vegetable sticks
FRIDAY	Porridge Variety of cereals Toast Fresh fruit	Wholemeal pitta with cream cheese	Fish, chips and mushy peas Fruit salad	Veggie sticks	Crumpets

WEEK 4	Breakfast	Am snack	Lunch	Pm snack	Tea
MONDAY	Porridge Variety of cereals Toast Fresh fruit	Crackers With cream cheese	Tuna pasta Pineapple	Veggie sticks	Bagels
TUESDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks and houmous	Tagine and cous cous Melon	Wholemeal pitta with cream cheese	Wraps and vegetable sticks
WEDNESDAY	Porridge Variety of cereals Toast Fresh fruit	Rice cakes and apple slices	Jacket potato with cheese Apple and pear	Veggie sticks	Beans on toast
THURSDAY	Porridge Variety of cereals Toast Fresh fruit	Veggie sticks	Potato and leek soup with wholemeal bread Kiwi	Crackers with cream cheese	Crumpets
FRIDAY	Porridge Variety of cereals Toast Fresh fruit	Wholemeal pitta with cream cheese	Pasta bolognese Fruit salad	Veggie sticks	Muffins