

### MENU 3

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
<b>Monday</b>	A selection of cereals. White toast with spread Mango segments	Carrot and cucumber sticks with hummus. Water	Salmon and broccoli mascarpone pasta bake. <i>Peach slices and Greek yoghurt.</i> Water	Corn cakes with crème fraiche and banana slices. Milk or water	Chef's creation, crustless quiche served with mixed salad vegetables. <i>Ginger biscuit.</i> Water	
<b>Tuesday</b>	A selection of cereals. Wholemeal toast with spread. Kiwi slices	Fresh berry medley. Water	BBQ chicken with new potatoes and green beans. <i>Diary ice cream.</i> Water	Cheddar cheese sticks with tomatoes and water biscuits Milk or water	Mozzarella, red pepper and sweetcorn couscous salad. <i>Flavoured rice cake.</i> Water	
<b>Wednesday</b>	A selection of cereals. Wholemeal toast with spread. Pear segments	Melon slices. Water	Beef and spinach curry served with white rice. <i>Natural yoghurt with honey.</i> Water	Breadsticks with hummus. Milk or water	Scrambled egg on wholemeal toast, served with vegetable sticks. <i>Abi's savoury cheese puffs.</i> Water	
<b>Thursday</b>	A selection of cereals. White toast with spread. Chopped plums	Pepper and celery sticks with guacamole dip. Water	Four bean feast served wholemeal couscous. <i>Carrot and courgette mini muffins.</i> Water	Crackers with garlic and herb flavoured soft cheese spread. Milk or water	English muffin mini pizzas with various toppings. <i>Fruit salad.</i> Water	