

MENU 1

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	A selection of cereals. White toast with spread. Pear slices	Papaya and banana sticks. Water	Tuna and sweetcorn wholemeal pasta. <i>Strawberry frozen yoghurt.</i> Water	Rye bread with chive flavoured soft cheese. Milk or water	Courgette frittata with carrot and cucumber sticks, served with hummus. <i>Plum halves</i> Water	
Tuesday	A selection of cereals. Wholemeal toast with spread. Raspberries	Apple slices and dates. Water	Homemade Cajun chicken, sweet pepper and tomato jambalaya. <i>Lime and coconut cake.</i> Water	Bagel halves with cream cheese. Milk or water	Wholemeal pitta pockets with a selection of fillings. <i>Strawberry filled jelly.</i> Water	
Wednesday	A selection of cereals. Wholemeal toast with spread. Apple segments	Peach and apricot segments Water	Ham, egg and new potato salad, with cheese, hummus and flatbread. <i>Flavoured yoghurt</i> Water	Crackers with tzatziki dip and tomatoes. Milk or water	Baked beans on toast with a vegetable stick accompaniment. <i>Oat biscuit</i> Water	
Thursday	A selection of cereals. White toast with spread. Melon slices	Fresh berry medley Water	Chickpea and butternut squash tagine, served with couscous. <i>Mixed berry crumble.</i> Water	Bread sticks with carrot and pepper sticks. Milk or water	Jacket potatoes with grated cheese and a selection of vegetables. <i>Fruit selection.</i> Water	