

# Menu Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wheat biscuits Whole Milk Yoghurt Apples	Cheerios Whole Milk Banana	Malt Wheat Cereal Whole Milk Pear	Rice Crispies Whole Milk Apple	Corn Flakes Whole Milk Pear
	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk
<b>Snack</b>	Plain Pancake Yoghurt Pear and Apple	Bread Sticks Cottage Cheese Apple and Beetroot	Wholemeal Toast Spread Carrot Sticks	Toasted Muffin Satsuma	Pitta Bread Tuna Dip Celery & Red Pepper
	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk
<b>Dinner</b>	Fish Fingers Sweet Potato Peas and Carrots	Lasagne Salad Baguette	Chicken Curry Brown Rice Tomato Salad	Roast Chicken Roast Potatoes Steamed Cabbage Parsnips	Vegetarian Spaghetti Bolognese Garlic Bread Carrots and Peas
	Banana Custard (soya milk)	Stewed Fruit Greek Yoghurt	Semolina Fruit Compote	Summer Fruit Salad Vanilla Sauce	Cocoa & Beetroot Cake Cocoa Custard
	Water	Water	Water	Water	Water
<b>Snack</b>	Rice Cakes Cucumber Cherry Tomatoes	Ham Sandwiches Selection of fruit	Crackers Spread Apples	Toasted Bagel Spread Celery and Red Pepper	Banana Plain Yoghurt
	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk	Water / Whole Milk