



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, wholemeal toast, fresh fruit bowl with milk or water				
Morning Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				
Lunch 11:30	Appetizer: Fresh tomatoes, carrots and cucumber sticks				
	Vegetable lasagne with roast vegetables	Roast chicken (or tofu) with roast potatoes and roast autumn vegetables and gravy	Fishcakes (or potato and veggies cakes) with tomato relish and courgettes	Beef (or vegetable) curry with brown rice and mixed salad	Cod (or Quorn) goujons with root vegetables mash
	Dessert: Fresh fruit or natural yoghurt				
Hot Tea 3:30	Cod (or tofu) in tomato sauce with spinach and garlic bread	Pasta primavera with tomato sauce and mixed salad	Vegetable stew with dumplings and mash potatoes	Home-made cheese and tomato pizza with cucumber salad	Vegetable risotto with carrots and cucumber sticks
	Dessert: Fresh fruit or natural yoghurt				
Afternoon Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				

