



WEEK 4	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				
	Beef (or Quorn) and onion pie with boiled autumn vegetables	Roast lamb (or tofu) with roast potatoes and roast autumn vegetables and gravy	Mixed vegetable pie with roast carrots and courgettes	Spaghetti in tomato sauce with mixed salad	Black beans and vegetables quesadillas with tomato and basil salad
	Dessert: Fresh fruit or natural yoghurt				
Hot Tea 3:30	Pasta with cheese sauce and mixed salad	Vegetable risotto and mixed salad	Oven-roasted salmon (or Quorn) with vegetable cous cous	Peas and tomatoes frittata with potato wedges	Chicken (or Quorn) and vegetable pie with mash potatoes and beans
	Dessert: Fresh fruit or natural yoghurt				
Afternoon Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				

