



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals (Cornflakes, porridge, Weetabix), 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				
	Pasta salad 'primavera' (veggies and fish/tofu) Cucumber salad	Sausage (tofu) plait Cous cous salad	Traditional mincemeat (Quorn) pie Roast garlic potatoes	Assorted mini-sandwiches (egg salad, cucumber and cream cheese, tuna & mayo)	Frittata with vegetables Roasted tofu and carrots
	Natural yoghurt	Trio of melon	Natural yoghurt	Apple salad	Natural yoghurt
Hot Tea 3:30	Beans and vegetables bolognaise Seasonal roast vegetables	Welsh rarebit Devilled eggs	Vegetable Risotto Tofu salad	Paprika roast chicken Jollof rice	Turkey (Quorn) burgers Cucumber salad and mash
	Fruit salad	Natural yoghurt	Homemade scones, sugar-free jam	Natural yoghurt	Fruit crumble and ice cream
Afternoon Snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				

