



WEEK 3	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				
	Egg (tofu) fried rice Thai vegetables stir fry	Onions, cheese and potatoes quiche Mixed salad	Beef (Quorn) lasagne Garlic bread	Tuna (tofu) and vegetable curry Sticky rice	Homemade Pizza Margherita Cucumber and sweetcorn salad
	Fruit salad	Natural yoghurt	Trio of melon	Natural yoghurt	Chocolate shortbread
Hot Tea 3:30	Chicken goujons Garlic over roasted potatoes	Pasta primavera with tomato sauce Tofu salad	Sweet and sour chicken (tofu) Rice pilau	Spaghetti with tomato sauce Egg and potato salad	Fish cakes (potato and veggie cakes) with tomato relish Roasted broccoli
	Natural yoghurt	Banana flapjacks	Natural yoghurt	Fruit salad	Natural yoghurt
Afternoon snack	Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water				

