



## WEEK 4

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, oat cakes with milk or water

Appetizer: Fresh tomatoes, carrots and cucumber sticks

### Lunch

11:30

Mince and onion pie  
Garden vegetables

Roast chicken and  
plantains

Chicken and  
mushroom pie

Tuna in tomato sauce  
Vegetables cous cous

Chicken sausage (Quorn)  
Mash

Strawberries

Natural yoghurt

Homemade scones  
with sugar-free jam

Natural yoghurt

Rice pudding with  
homemade sugar-free jam

### Hot Tea

3:30

Pasta with cheese sauce  
Tuna and egg (or tofu)  
salad

Japanese egg (or rice)  
noodles with pan fried  
cod (tofu)  
Mixed vegetables

Black beans and  
vegetables quesadillas  
Tomato and basil salad

Egg fired rice  
Coleslaw

Assorted mini-sandwiches  
(egg salad, cucumber and  
cream cheese, tuna &  
mayo)

Natural yoghurt

Apples and pears salad

Natural yoghurt

Trio of melon

Natural yoghurt

### Afternoon snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks, oat cakes with milk or water

