

WEEK 3

Day	Breakfast	Snack	Lunch	Pudding	Snack	Tea	Pudding
Monday	Cereal selection, wholemeal toast with spread and fruit	Cucumber and crackers	Spaghetti and meatballs in tomato sauce	Mixed fruit	Yoghurt and fruit	Orzo with bacon and peas	Bananas and custard
Tuesday	Cereal selection, crumpet with spread and fruit	Apples	Salmon cakes Served with boiled potatoes and peas	Watermelon	Bananas	French omelette served with vegetables	Pears
Wednesday	Cereal selection, bagels with spread and fruit	Oranges	Chicken and chorizo pasta baked served with sweetcorn	Grapes and pears	Fruit	Butternut squash soup with crusty bread	Melon
Thursday	Cereal selection, toast with spread and fruit	Peppers and rice cakes	Creamy vegetable risotto served with crunchy bread	Cinnamon rolls	Pitta and cucumber	Mexican beef and rice skillet	Apples
Friday	Cereal selection, wholemeal toast with spread and fruit	Pears	Gammon, mash, peas and gravy	Pineapples	Cheese, grapes & Crackers	Stuff Peppers	Oranges