

One Week Sample Menu

Snack am	wm toast and 2 fruits (banana and pear), water or milk	oatcake and 2 fruit (orange and apple), water or milk	english muffin and 2 fruits (melon and grapes), water or milk	wm toast and 2 fruits (pineapple and apricot) water or milk	oatcake and 2 fruits (banana and apple) water or milk
Lunch	Quorn Chilli (carrots, peas and kidney beans) w/ mash -biscuit -water	Veg Pie (carrot, courgette, broccoli,cannelini beans and peas) w/ new pots -rice pudding with raisins -water	Fishcakes (made with cod and potato) w/ broccoli, carrots and b beans -yoghurt -water	Butternut Squah and chick pea Katsu curry s/w rice -fruit salad with custard -water	Salmon Pasty Parcels w/ pots, g beans broccoli -fromage frais -water
Snack pm	boiled egg and grapes - water or milk	wm pitta and humus with cucumber sticks water or milk	cheese and crackers, banana -water or milk	popcorn and grapes water or milk	celery sticks with cream cheese and crackers water or milk
Dinner	Noodles and Veg (mini corn, pak choi, broccoli, bean sprouts, peas) Stir fry -fruit salad -water	Homemade pizza with veg topping and salad -yoghurt -water	Courgette, Pea and G cheese wm Tagliatelli -biscuit -water	Egg Rolls w/ salad sticks -yoghurt -water	Mushroom and pea Risotto -fruit salad with custard -water