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| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | Toast fingers | Carrot and cucumber sticks | Rice cakes | Banana | Hummus and Breadsticks |
| **Lunch** | Sausage, mash, gravy & broccoli | Roasted vegetable and red lentil pasta | Pizza with wedges and salad sticks | Lamb keema with naan bread | Fishcakes with chips and peas |
| Fairy cake | Bananas and custard | Seasonal fruit salad | Mandarin jelly | Yogurt apricots |
| **Mid-afternoon snack** | Hummus and breadsticks | Pear slices | Oatcake with spread | crackers and spread | Carrot and pepper sticks |
| **tea** | Spaghetti hoops on toast | Crumpets with cheese | Vegetable soup with wholemeal bread | Pasta with tomato sauce | Sandwich selection and salad sticks |
| Fruit salad | Angel delight | Fromage frais | Rice pudding | Apples & pears |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**

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| **WEEK 2** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | Pitta sticks and hummus | Rice cakes with cream cheese | Cheese sticks and tomatoes | Toast fingers | Crackers with spread |
| **Lunch** | Mixed bean chilli with jacket potato | Cottage pie with mixed vegetables and gravy | Ham, pea and mushroom pasta bake with garlic bread | Bean and vegetable enchiladas | Fish fingers, chips and peas |
| Shortbread and satsuma segments | Fairy cakes | Semolina with raisins | Seasonal fruit salad and ice cream | Peaches and custard |
| **Mid-afternoon snack** | Carrot and pepper sticks | Pear slices | Apple slices | pineapple | satsuma |
| **Tea** | Sandwiches and salad sticks | Pasta with vegetable pasta sauce | Beans on toast | Toasted crumpets with cheese |  |
| Fruit cocktail | Digestive biscuit | Jelly | Angel delight | Shortbread biscuit |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**

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| **WEEK 3** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit | Cereal with milk  Fresh fruit |
| **Mid-morning snack** | Rice cake and hummus | Pitta bread and tzatziki | Toast fingers with spread | Crackers and cream cheese | Crumpets with spread |
| **Lunch** | Mixed bean and vegetable stew with cous cous | Gammon with parsley sauce, new potatoes and green beans | Wholemeal macaroni cheese with peas | Crustless quiche with pepper sticks | Cod, potato and spinach curry with rice |
| Fruit salad with ice cream | Banana pancakes | Semolina with jam | Shortbread biscuit and milkshake | Fruity oat crumble sundae |
| **Mid-afternoon snack** | Carrot and celery sticks | banana | Apple slices | Pear slices | grapes |
| **Tea** | Toasted cheese sandwiches | Vegetable soup with wholemeal bread | Toasted teacakes | Pizza and salad sticks | Sandwiches with salad sticks |
| Fruit fromage frais | Fruit salad | Ice cream cone | Banana | Digestive biscuit |

**Drinks: A choice of milk and water to be offered at snack times.**

**Water with lunch and tea.**