



Week One Menu



Breakfast – selection of cereals, and wholemeal toast with butter

Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Snack	Snack	Snack	Snack
Cucumber and cheese slices	Corn on the cob	Breadsticks with guacamole	Carrot sticks and hummus	Homemade energy balls
Lunch	Lunch	Lunch	Lunch	Lunch
Beef enchiladas with salad	Cannellini bean and courgette carbonara	Cod gratin with sweetcorn	Mexican chicken with rice, salad and dips	Spinach and mushroom lasagne
Pudding	Pudding	Pudding	Pudding	Pudding
Natural yogurt	watermelon	Natural yogurt	Satsumas	Natural yogurt
Snack	Snack	Snack	Snack	Snack
Homemade energy balls	Wholemeal roti with raita dip	Cucumber slices	Corn on the cob	Seeded crackers
Teatime	Teatime	Teatime	Teatime	Teatime
Tuna pitta pockets with corn tortilla chips and salad	Pea soup with a cheese sandwich	Assorted filled rolls with potato salad	Cheese and spinach quiche with peas	Poached chicken with cous cous salad
Pudding	Pudding	Pudding	Pudding	Pudding
Bananas	Apple	Natural yoghurt	Pears	Dried apricots



MEALS/SNACKS IN RED CONTAIN EGG