Week Three Menu

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| **Week One** | Breakfast | Am Snack | Lunch  | Pudding  | High Tea |
| **Monday** | Malt Wheat’s or Hoops  | Fruit Loaf | Veggie pasta bolg | Baked pears with cinnamon | Bagels with creamed cheese with veggie sticks |
| **Tuesday** | Toast and Malt Wheat’s  | Breadsticks and bananas | Veggie curry with rice | Apples and custard | Pizza Wraps |
| **Wednesday** | Rice Snaps or Cornflakes | Cheese and crackers | Fish parsley with peas and mash | Fruit Jelly | Cous Cous salad with cucumber, tomato and peppers |
| **Thursday** | Toast and Hoops | Cheese Thins and grapes | Rice with veggie meatballs with a tomato sauce | Yoghurts with honey | Variety of sandwiches and vegetable sticks |
| **Friday** | Malt wheat’s and Rice Snaps | Rice Cakes and apples | Jacket potatoes with cheese and beans | Angel Delight | Soup and Bread  |