

Week One Menu

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| **Week One** | Breakfast | Am Snack | Lunch  | Pudding  | High Tea |
| **Monday** | Malt Wheat’s or Hoops  | Cheese thins with bananas | Vegetarian Sausage Pasta Bake | Yoghurt and dried apricots | Pizza Muffins with cucumber |
| **Tuesday** | Toast and Malt Wheat’s  | Crackers | Vegetarian Chilli with Cous Cous | Fruit Jelly | Mix Sandwiches with pepper sticks |
| **Wednesday** | Rice Snaps or Cornflakes | Apples and rice cakes | Chicken curry with chick peas and rice | Angel Delight | Bagels with cream cheese and tomatoes |
| **Thursday** | Toast and Hoops | Breadsticks and grapes | Veggie Spaghetti Bolg | Cooked Apples with cinnamon  | Wrap selection with cucumber |
| **Friday** | Malt wheat’s and Rice Snaps | Oatcakes with pears | Fish Fingers with sweet corn and sweet potatoes | Fruit Salad | Crumpets with cheese and vegetable stick.  |