



Week Three Menu

Breakfast – selection of cereals, and wholemeal toast with butter

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Snack	Snack	Snack	Snack	Snack
Breadsticks with hummus	Oatcakes and bean dip	Tortilla chips with tomato salsa	Crackers and mashed avocado	Rice cakes with rainbow hummus
Lunch	Lunch	Lunch	Lunch	Lunch
Salmon and spinach pesto pasta	Vegetable Korma and rice	Chicken with leeks and crushed potatoes	Savoury mince with vegetable cous cous	Red lentil and mushroom Bolognese with spaghetti
Pudding	Pudding	Pudding	Pudding	Pudding
Pineapple chunks	Natural yogurt	Raspberry smoothie	Melon	Natural yogurt
Snack	Snack	Snack	Snack	Snack
Carrot sticks with tzatziki	Seeded crackers	Sliced cucumber with cheese	Homemade energy balls	Melba toast with cheese
Teatime	Teatime	Teatime	Teatime	Teatime
Welsh rarebit with baked beans	Bagels with cream cheese and sweetcorn	Trout and vegetable Kedgeree with garlic bread	Broccoli and cheese quiche with peas	Scrambled eggs with mushrooms and toast
Pudding	Pudding	Pudding	Pudding	Pudding
Natural Yoghurt	Bananas	Clementines	Natural yogurt	Apples



MEALS/SNACKS IN RED CONTAIN EGG