



Menu - week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Buttered toast/cereal with dried fruit.	Buttered toast/cereal with dried fruit.	Buttered toast/cereal with dried fruit.	Buttered toast/cereal with dried fruit.	Buttered toast/cereal with dried fruit.
Snack	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk
Lunch	Chinese noodles Fresh Fruit	Sunny rice and green vegetables Fromage frais and fruit	Cheesy bean pie Cheese and crackers	Jacket potato with various fillings Fromage Frais	Spaghetti bolognese Fresh Fruit
Snack	Sandwiches	Cheesy twists with garlic dip	Yogurt with summer fruits	Scotch pancakes with maple syrup	Crackers and cheese