

Week One:

Menu:

786/110

Monday	Tuesday	Wednesday
<p>Lunch: Spanish Omelette, bread and butter and salad.</p> <p>Pudding: Ice Cream.</p>	<p>Lunch: Chicken casserole Vegetable Option: potatoes marsh and salads.</p> <p>Pudding: Yoghurt.</p>	<p>Lunch: Rice and beans vegetable.</p> <p>Pudding: Jelly and ice cream.</p>
<p>Tea: Spagbal – Quorn mince, garlic bread and salads.</p> <p>Pudding: Cake and Custard.</p>	<p>Tea: Cuscus & Sausages and Vegetable – Vegetable Sausages.</p> <p>Pudding: Angle delights fruit.</p>	<p>Tea: Sandwiches and Quiche salads.</p> <p>Pudding: Jelly and ice cream.</p>
Thursday	Friday	<p style="text-align: center;">Snacks</p> <p>Mid- morning: fresh fruit, apples bananas, pears pineapple, kiwi, mangos</p> <p>Afternoon: fresh fruit, apples bananas, pears pineapple, kiwi, mangos.</p> <p>Milk and water throughout the day</p>
<p>Lunch: Fish fingers & chip and salads.</p> <p>Pudding: Yoghurt.</p>	<p>Lunch: Sausages & Marsh and vegetable.</p> <p>Pudding: Ice cream.</p>	
<p>Tea: Chicken curry/ Vegetable curry with rice and salads.</p> <p>Pudding: Apple pie.</p>	<p>Tea: Pizza and chips with salads.</p> <p>Pudding: Cake.</p>	