

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Crackers	Pancakes/fruit	Cereals/fruit	Porridge	muffins
Lunch	Fish Cake with tomato sauce	Tomato, pasta with bacon	Hot Dogs & wedges	Vegetable curry with Naan	Chicken casserole
Vegetable	Roasted Summer vegetables	Mushrooms onions	Sweetcorn	Variety of vegetables with rice	New potatoes variety of vegetables
Pudding	Swiss roll & custard	Angel delight	Ice Cream & Jelly	Yoghurt	Sponge flan & fruit
Afternoon Snack	Sliced Pitta with dips	Cucumber carrots/bread sticks & dips	Fruit	Rice cakes	cereals
Kids Club Snack	Crackers and spread	Cucumber carrots/bread sticks & dips	crumpets	sandwiches	Flapjack
Tea	Sandwiches	Soup	Sandwiches	Pizza & salad	Pork burgers with beans and bread and butter
Pudding	Fruit salad & cream	Carrot Cake	Flan	Homemade biscuits	Fruity Flapjack
Number of '5 a day'	3	7	3	3	4