

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Toast	Cereals.	Bread sticks, cheese apple	Crumpets	Porridge
Lunch	Chicken Pie with potatoes	Fish with Summer Risotto	Spaghetti Bolognese	Fish Cakes With wedges	Sausage Casserole with Jacket potatoes
Vegetable	Selection of vegetables	Selection of vegetables	Tomato, mushroom, carrots	Carrots and green beans	Tomato, carrot and cucumber salad
Pudding	Fruit flan	Trifle	Fruit Jelly	Ice cream	Angel delight
Afternoon Snack	Crackers	Fruit	Cereal	Fruit	Rice cakes and spread
Kids Club Snack	Toast	Cereals	Sandwiches	Crackers & spread	Rice cakes and spread
Tea	Sandwiches	Wraps	Soup	Pittas	Fish fingers & spaghetti hoops with buttered bread
Pudding	Peaches & Cream	Ice cream	Banana cake	Angel Delight	Fruit
Number of '5 a day'	3	4	4	3	4