

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Porridge	Bread sticks/fruit	Toast	Pancakes & fruit	Cereals
Lunch	Cowboy Sausage with potato	Chili Rice	Fish with sauce	Roast chicken Dinner	Tuna Pasta bake with garlic bread
Vegetable	Selection of vegetables	Tomatoes, mushrooms onions	Roasted summer veg and potatoes	Selection of vegetables	Selection of vegetables
Pudding	Jam tarts	Bananas& custard	Ice cream & fruit	Angel Delight	Fruit cobbler
Afternoon Snack	Fruit	Cucumber & Carrot sticks dip	Rice cakes with cheese spread/marmite	Crackers & Spread	Pitta with dips
Kids Club Snack	Sandwiches	Cucumber & Carrot sticks dip	Rice cakes with cheese spread/marmite	Crackers & Spread	Pizza
Tea	Sandwiches	Jacket potatoes Tuna & Salad	Wraps	Soup & Bread	Pizza with salad
Pudding	Banana Bread	Cornflake tart	Jam Tarts	Fruit Salad with cream	Fruit Flan
Number of '5 a day'	4	8	3	6	5