

WEEK SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Porridge	Crumpets	Cereal	fruit	Cereal
Lunch	Lamb casserole with new potatoes	Summer vegetable Risotto	Fish with side of herby sauce	Meatballs with pasta	Roast chicken with new potatoes
Vegetable	Tomatoes mushrooms	Selection of vegetables	Broccoli & cauliflower	Tomatoes, mushrooms and carrots	Selection of veg
Pudding	Fruit and Yoghurt	Sponge flan & peaches	Angel delight	Ice cream	Summer crumble
Afternoon Snack	fruit	Rice cakes cheese spread/jam	Fruit	Crackers & Spread	Fruit
Kids Club Snack	Sandwiches	Flapjack	Pitta and Dips	Crackers & Spread	sandwiches
Tea	Sandwiches	Soup with bread and butter	Sandwiches	Beans on toast	Jacket pots, cheese and salad
Pudding	Lemon drizzle cake	Flapjack	Chocolate Crispy Cakes	Jam Tarts	Fruit
Number of '5 a day'	3	4	3	3	3