

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Porridge	crackers	Cereals/fruit	Pancakes/fruit	toast
Lunch	Lasagna & garlic bread	Chicken cassarole	Sausage with Yorkshire pudding	Ham & Cheesy pots	Pork hotpot
Vegetable	Tomatoes & carrots	Peas/sweet corn Jacket potatoes	Potatoes, broccoli cauliflower	Baked beans	Carrots & sweet corn
Pudding	Swiss roll & custard	Ice Cream & Jelly	Blancmange	Yoghurt	Sponge flan & fruit
Afternoon Snack	cereals	Fruit scones	Cucumber carrots/bread sticks & dips	fruit	crumpets
Kids Club Snack	Fruit/cereal	Cucumber carrots/bread stick & dips	sandwiches	Crackers & Spread	Flap jack
Tea	Sandwiches	Cheese on toast	Sandwiches	Pizza & salad	soup
Pudding	Fruit salad & cream	Yoghurt	Angel Delight	Oat meal biscuits see recipe	Fruity Flapjack
Number of '5 a day'	4	4	4	4	5