

### WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Cereals	Toast	porridge	Bread stix, cheese+apple	Crumpets
<b>Lunch</b>	Sausage & Egg loaf	Pork burgers in buns	Spaghetti Bolognese	Roast Chicken & roast potatoes	Fish with tomato sauce
<b>Vegetable</b>	Seasonal veg & potatoes	Potato wedges & peas sweet corn	Tomatoes mushrooms carrots	Seasonal veg	Potatoes broccoli & cauliflower
<b>Pudding</b>	Fruit cheese cake	Sponge & custard	Fruit salad & cream	Ice cream	Crumble & Custard
<b>Afternoon Snack</b>	Crackers	Fruit	Cereal	Fruit	Flapjack
<b>Kids Club Snack</b>	Toast	Cereals	Sandwiches	Crackers & spread	Flapjack
<b>Tea</b>	Sandwiches	Fish fingers & spaghetti hoops with buttered bread	Sandwiches	Jacket potatoes and salad	Beans on Toast
<b>Pudding</b>	Peaches & Cream	Carrot cake	Fruit Jelly	Angel Delight	Yogurt & fruit
<b>Number of '5 a day'</b>	4	4	4	4	4