

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Porridge	fruit	Toast	Pancakes & fruit	Cereals
Lunch	Chicken Chow Mein with noodles	Spaghetti Bolognaise	Cowboy Sausage	Veg curry & naan with Rice	Tuna Puff
Vegetable	Carrots, mixed peppers, bean sprouts	, tomatoes and onions	Tomatoes, Mixed beans	Selection of veg	Mashed Potatoes Carrots & sweet corn
Pudding	Ginger biscuits	Bananas& custard	Ice cream & fruit	Angel Delight	Yogurt
Afternoon Snack	Fruit	Cucumber & Carrot sticks dip	Rice cakes with cheese spread/marmite	Flapjack	Crackers & Spread
Kids Club Snack	Rice cakes with cheese spread/marmite	Cucumber & Carrot sticks bread sticks dip	Yogurt	Flapjack	Crackers & Spread
Tea	Sandwiches	Jacket potatoes Tuna & Salad	Sandwiches	Soup & Bread	Pizza with salad
Pudding	Jam Tarts	Melon & Grapes	Jelly	Fruit Salad	Lemon muffins
Number of '5 a day'	4	6	3	4	4