

WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Bread sticks with cheese	Crumpets	Cereal	Fruit	Porridge
Lunch	Shepard's pie	Pork stew & dumplings	lasagna	Yorkshire puddings & sausages	Fish in white sauce
Vegetable	Sweetcorn & Peas potato	Mixed winter veg	Carrots tomatoes onion	Cauliflower & broccoli	Potatoes & Mushrooms cabbage
Pudding	Cornflake tart & custard	Angel delight	Crumble and ice cream	Swiss roll & custard	Jam Puff pastry Roll
Afternoon Snack	Rice cakes & fruit	Cucumber carrot/bread sticks & dips	Fruit	Crackers	Pancakes& Fruit
Kids Club Snack	Rice Cakes &Fruit	Cucumber carrots/bread sticks & dips	Fruit	Crackers	Pancakes & Fruit
Tea	Sandwiches	Soup and fresh bread	Sandwiches	Cheese on toast	Jackets, Cheese and Ham with salad
Pudding	Sticky date Muffinssee recipe	Ice cream	Peaches & cream	Yogurt & Fruit	Chocolate crispy cakes
Number of '5 a day'	4	4	4	4	4