

WEEK SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Porridge	Crumpets	Cereal	fruit	Cereal
Lunch	Beef cobbler and mash	Chicken Curry, rice and naan	Pasta carbonara	Meatballs pasta	Fish cakes & wedges
Vegetable	Tomatoes mushrooms	Selection of veg	Peas	Tomatoes, mushrooms and carrots	Carrots & sweet corn
Pudding	Ice cream	Sponge flan & peaches	Angel delight	jelly	Bananas & custard
Afternoon Snack	Potato bread and butter	Rice cakes : cheese spread/jam	Fruit	Crackers & Spread	Fruit
Kids Club Snack	Sandwiches	Rice cakes cheese spread/jam	Pitta and Dips	Crackers & Spread	sandwiches
Tea	Sandwiches	Jacket pots, cheese and salad	Sandwiches	Beans on toast	Soup with fresh bread
Pudding	Lemon drizzle cake	Fruit and Yoghurt	Chocolate Crispy Cakes	Jam Tarts	Blancmange
Number of '5 a day'	3	4	3	3	3