



# EXAMPLE MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of cereal, toast, english muffin, brioche, yoghurt and fresh fruit				
<b>Snack</b>	Cheese & Crackers	Fresh Fruit	Raisins and Carrot Sticks	Carrot & Cucumber Sticks with Dip	Breadsticks
<b>Tea</b>	Quorn nuggets, cucumbers, carrots and a bread roll	Bagel Pizza with Salad	Macaroni Cheese or Tomato Pasta bake	Pitta bread with Cheese or tuna and Salad	DIY Sandwiches
<b>Pudding</b>	Yoghurt	Swiss Roll	Fresh Fruit	Ice lolly	Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of cereal, toast, english muffin, brioche, yoghurt and fresh fruit				
<b>Snack</b>	Tortilla chips & Dip	Grapes and Oranges	Carrot Sticks & Raisins	Fresh fruit	Cheese Cubes & Breadsticks
<b>Tea</b>	Tortilla Wrap with Cheese or tuna and Salad	Veggie sausage hot dogs with cucumbers and tomatoes	Bagel Pizza with Salad	Macaroni Cheese or Tomato Pasta bake	Picnic tea
<b>Pudding</b>	Ice lolly	Cupcake	Yoghurt	DIY Dessert	Fresh Fruit

**Fruit and vegetables are offered as an alternative to any of the food provided**