

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Homemade Yoghurt with Seasonal Fruit				
	Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Lamb Moussaka served with Carrots	White Fish served with Ratatouille and Sweet Potato	Vegetable Lasagne served with Seasonal Vegetables	Roast Chicken served with Root Vegetables	Vegetable Red Lentil Dansak served with Rice
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Cheese and Ham Pasta served with Seasonal Salad	Jacket Potato with Baked Beans served with Coleslaw	Cod and Chorizo Fishcakes served with Peas	Kamara Chickpea Patties served with a Boiled Egg	Tomato Pasta and Cannellini Bean Primavera
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				