

WEEK 4

	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	Roast Salmon served with Stir Fried Bean Sprouts and Vegetables	Beef Lasagne served with Garlic Bread and Peas	Jamaican Fish Curry served with Potato and Spinach	Chickpea and Vegetable Biryani served with Cauliflower	Veggie Meatballs served with Spaghetti and a side of Broccoli
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	Mixed Bean Chilli served with Jacket Potato	Couscous and Chickpea Salad	Tomato, Butter Bean and Pepper Pasta Salad	Shepherd's Pie with Sweet Potato Topping	Rainbow Rice Salad served with Tuna
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				