

WEEK 5

Monday	Morning Snack:	Yogurt & fresh fruit
	Lunch:	Beef meatballs on a bed of pasta served with Crusty Garlic bread and Garden Salad. Fresh Fruit
	Tea:	Mixed sandwiches, crisps & fresh fruit
Tuesday	Morning Snack:	Weetabix with Bananas
	Lunch:	Roast Pork, Roast Potatoes, Seasonal Vegetables, Stuffing and Gravy. Fruit Sponge & custard or Fresh Fruit
	Tea:	Rice Cakes, houmous, cheese cubes & raisins
Wednesday	Morning Snack:	Fresh fruit
	Lunch:	Toad in the Hole, mashed potato, sweetcorn, carrots & gravy Rice pudding and Fresh Fruit
	Tea:	Hot baguettes served with a selection of cream cheese and ham Jam Tarts
Thursday	Morning Snack:	Apple Slices with Cheddar cheese cubes
	Lunch:	Vegetable lasagne, garlic bread & salad Yogurt
	Tea:	Toasted muffins and fresh fruit
Friday	Morning Snack:	Cheddar cheese & grapes
	Lunch:	Chilli Con Carne served on a bed of Basmati Rice served with Tortilla Chips and Sour Cream. Fresh Fruit
	Tea:	Pasta with Pesto, cucumber and carrot sticks and Melon