

WEEK 3

Monday	Morning Snack:	Fresh Fruit
	Lunch:	Toad in the hole, mashed potato, seasonal vegetables & gravy Yogurt and Strawberries or Fresh Fruit
	Tea:	Tuna & sliced cheese sandwiches, pom bears & Fresh Fruit
Tuesday	Morning Snack:	Cucumber and Carrot Sticks & houmous
	Lunch:	Home made Cod Fish pie with sweet corn ,topped with mashed potato and served with seasonal vegetables Banana + custard or Fresh Fruit
	Tea:	Toasted Muffins Cheese and pineapple chunks
Wednesday	Morning Snack:	Bananas & raisins
	Lunch:	Spaghetti bolognaise & garlic bread Rice Pudding or Fresh Fruit
	Tea:	Cheese & crackers, Shortbread Biscuits and grapes
Thursday	Morning Snack:	Selection of Cereals
	Lunch:	Roast Chicken, roast potatoes, seasonal vegetables, stuffing & gravy Fruit Sorbet or Fresh Fruit
	Tea:	Toasted fruit loaf and fresh fruit
Friday	Morning Snack:	Fresh Fruit
	Lunch:	Homemade Macaroni Cheese served with Ham and peas Jelly and cream or Fresh Fruit
	Tea:	Oven-warm turkey goujons, cheddar fingers, carrots, cucumber sticks.