

WEEK 4

Monday	Morning Snack:	Houmous with vegetable batons
	Lunch:	Sweet and Sour Chicken on a bed of Basmati rice Fresh fruit Fruit Sponge & custard or Fresh Fruit
	Tea:	Toast with a choice of jam/marmite Yogurts
Tuesday	Morning Snack:	Cheese cubes, apples and raisins
	Lunch:	Shepherd's pie & seasonal vegetables Fromage frais & Raspberries or Fresh Fruit
	Tea:	Sausage rolls, spaghetti hoops and fresh fruit
Wednesday	Morning Snack:	Fresh Fruit
	Lunch:	Boiled Ham, Mashed Potato, peas, & parsley sauce Stewed Fruit with Crème Frache or Fresh Fruit
	Tea:	Pasta with Tomato sauce, carrot & cucumber sticks Kit Kat fingers
Thursday	Morning Snack:	Rice Cakes and Cucumber
	Lunch:	Tomato based tuna pasta bake, garlic bread & salad Fruit Yoghurts or Fresh Fruit
	Tea:	Brioche Rolls, sliced cheese, ham, cucumber & fresh fruit
Friday	Morning Snack:	Selection of cereals
	Lunch:	Roast chicken, roast potatoes, seasonal vegetables, stuffing & gravy Fruit sorbet or Fresh Fruit
	Tea:	Toasted Tea Cakes