
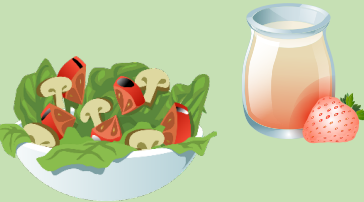




MEALS / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST (8-9am)	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix
 LUNCH (11.30am) 	Main: Quorn Sausage Hot Pot Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Vegetable Korma and Couscous Salad: Cucumber, lettuce, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Fisherman's Pie with Carrots Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Pizza and Chips Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Cheesy Pasta (Sasha) and Garlic Bread Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water
 TEA (3pm)	Cream Cheese Bagels Fruit Water/milk	Porridge with Fruit (raspberries/blueberries) Fruit + Water/milk	Melted Cheese Pittas Fruit Water/milk	Scrambled Eggs with Toast Fruit Water/milk	Warm Buttered Croissants Fruit Water/milk