

WEEKLY MENU

WEEK 2

DAYS/ MEALS	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: Tuna Pasta bake Salad: cucumber, sweetcorn, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Main: Vegetable pie with carrots Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Main: Cauliflower cheese & sweetcorn Salad: cucumber, sweetcorn, peppers, tomatoes, Fruit/yoghurt Plain & flavoured (vegan)	Main: Dhal and Rice Salad: cucumber, carrots, tomatoes Fruit/yoghurt Plain & flavoured (vegan)	Main: Fish fingers, chips & beans Salad: cucumber, sweetcorn, peppers, tomatoes, Fruit/yoghurt plain & flavoured (vegan)
TEA (3pm) 	Pancakes with fruits Fruit/yoghurt/milk	Cheese sandwiches Fruit/yoghurt/milk	Rice cakes with jam Fruit/yoghurt/milk	Choice of cereal Fruit/yoghurt/milk	Buttered crackers Fruit/yogurt/Milk