

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------|
| SNACK | Rice cakes with cream cheese, carrot & cucumber | Plain pitta strips with gherkins and red peppers | Breadsticks with celery and cucumber | Oatcakes with cherry tomatoes & sugar snap peas | Breadsticks with carrot and celery |
| DINNER | Gammon, mash with carrot and swede | Savoury mince, rice with peas & cabbage | Mediterranean Chicken, peppers and onions with couscous | Pea, spinach & ham risotto | Fish fingers, boiled potatoes & beans |
| DESSERT | Yoghurt | Pineapple upside down cake | Greek yoghurt and sultanas | Fruity flapjack | Yoghurt |
| SNACK | Fresh Fruit Selection | Fresh Fruit Melon | Fresh Fruit apple | Fresh Fruit pineapple | Fresh Fruit oranges |
| TEA | Tuna and chicken sandwiches served with satsuma slices | Crackers with various toppings and grapes | Scrambled egg on toast with banana | Soft cheese and chicken Sandwiches with plum | Pitta bread, ham, cheese and houmous served with apple slices |