

**Week Three**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Breakfast 7.00am – 8.30am  
Choice of Toast, Cereals, Milk and Water

AM Snack- 10am.  
Fresh Fruit or Vegetables with either Bread stick or Rice Cracker.  
Milk or Water to drink.

**Lunch – 12pm**

Vegetable tagine with  
fruit cous cous

Semolina and dried fruit

Sausage, mash and  
bakes beans

Fruit salad and natural  
yoghurt

Beef lasagne and garlic  
bread

Fruit fool

Roast loin of pork,  
potatoes and vegetables

Eves pudding with  
custard

Fish cake, new potatoes  
and peas

Forest fruit ripple

PM Snack- 2pm  
Fresh Fruit or Vegetables with either Bread stick or Rice Cracker  
Milk or Water to drink.

**High Tea- 4pm**

Pizza wedge

Chocolate cupcakes

Jacket potato topped  
with chilli con carne

Sultana cookie

Selection of sandwiches

Lemon drizzle cake

Tuna pasta

Mini fromage frais

Selection of sandwiches

Victoria sponge