

Weekly Menu Plan

Week Beginning: 22 February 2016

Breakfast

- cereal (weetbix, rice bubbles, cornflakes),
- porridge,
- muesli
- wholemeal toast
- served with milk/water

Morning Tea

- Monday - Fresh fruit platter, served with milk/water
Tuesday - Yoghurt with canned peaches in natural juice, served with milk/water
Wednesday - Fresh fruit and vegetable platter, served with milk/water
Thursday - Fresh fruit platter and cheese cubes, served with milk/water
Friday - Fresh fruit and vegetable platter, served with milk/water

Lunch

- Monday - Pasta bolognaise
Tuesday - Tuna and broccoli frittata, with green salad and wholemeal bread
Wednesday - Chilli con carne and rice
Thursday - Baked chicken and vegetable risotto
Friday - Pumpkin soup with a platter of wholemeal sandwiches

Afternoon Tea

- Monday - Platter of wholemeal triangle sandwiches
Tuesday - Fresh apple slices and raisin bread
Wednesday - Yoghurt and fruit muesli
Thursday - Tzatziki and hummus dip, wholemeal pita bread and vegetable sticks
Friday - Fruity bread pudding

Late Snack

- crackers and cheese
- toast
- wholemeal sandwiches
- served with water