

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Fruit	Pancakes & Berries	Toast & Banana	Natural Yoghurt & Fruit	Scrambled Egg & Toast
Lunch	Chilli & Couscous Baked Fruit	Chicken Curry & Rice Carrot Muffins	Vegetarian Lasagne Homemade Sorbet	Fish Goujons Broccoli & Carrots Yoghurts	Lentil Soup & Crusty Bread Berry & Apple Crumble & Custard
Afternoon Snack	Wholemeal Pitta Bread Fingers & Tuna Sweetcorn	Oaty Biscuits Kiwi Fruit	Tomato & Pepper Puff Pastry Squares Oranges	Banana Loaf Pears	Pizza with Various Toppings Pineapple