

# Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled Eggs on Toast	Toast & Banana	Natural Yoghurt	Cereal & Fruit	Pancakes & Berries
Lunch	Curried Parsnip Soup & Crusty Bread Rhubarb Crumble	Mince, Potatoes, Peas & Carrots Yoghurts	Salmon & Vegetable Pasta Jelly	Chicken Pie & Cauliflower Mash Homemade Sorbet	Lentil Curry, Rice & Naan Bread Natural Yoghurt & Fruit
Afternoon Snack	Breadsticks & Cheese Banana	Lime & Lemon Scones Oranges	Oatcakes & Smoked Cheese Apples	Carrot & Cucumber sticks with Sweetcorn Dip/Salsa Raisins	Tortilla Wraps Melon