

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Natural Yoghurt & Fruit	Cereal & Fruit	Crumpets & Fruit	Toast & Banana	Fruit Salad
Lunch	Roasted Tomato Risotto Ice Cream	Carrot & Coriander Soup & Crust Bread Fruit Crumble & Custard	Roast Dinner & ALL the trimmings Jelly	Tomato, Bacon & Mushroom Pasta Blueberry Muffins	Lemon Fish Tagine & Couscous Yoghurts
Afternoon Snack	Dutch Crispbread & Soft Cheese Pineapple	Sandwich Fingers Raisins	Pineapple & Carrot Muffins Grapes	Grilled Tomato & Mozzarella Slices Kiwi Fruit	Sweet Potato & Carrot Chips with Houmous Apples