

### Sample Menu - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BF:</b> Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal	Continental option, fruit and/or cereal
<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options	<b>Snack:</b> Toast and two fruit options
Pasta and homemade pesto  Fruit smoothie	Beef goulash & mash potato  Cheese & apple platter	Lentil chilli with hidden veg  Berries	Chicken, sweet potato and aubergine curry  Melon	Spaghetti Bolognese (more veg, less meat)  Banana sticks
<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks	<b>Snack:</b> Cracker option, veg sticks
Jacket potato with tuna or ham and a yoghurt dip  Apricots	Homemade fish fingers, parsnip chips and peas  Mango bites	Bubble and squeak cakes & green beans  Apple & raisins	Homemade baked beans and wholemeal toast  Yoghurt & fruit puree	Pea, spinach & broccoli soup  Peach