

Menu week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
am snack	Cucumber and carrot sticks	Fruit	Pepper sticks	Fruit	Breadsticks and Hummus
lunch	Chana Masala	Spanish Fish	Fruity Lamb Moroccan Stew	Swish Fish Pie	Veggie Roast
side dishes	Rice	New potatoes and veg	Couscous	Veg	Roast potatoes and veg
second course	Fruit and yogurt	Fruit	Fruit and yogurt	Fruit	Fruit and yogurt
tea	Jacket	Butternut and apricot Couscous	Sweet Potatoes Dhal	Italian bean stew	BBq Bean Chilli
side dishes	Beans	N/A	Naan Bread	Pitta Bread	Rice
second course	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit