

# Week One

## Monday

Breakfast: Cheerios and sliced apple

Lunch: Pasta Prima Vera/ Strawberry yoghurt

Tea: Carrot and lentil soup with bread roll/ Flap jack



## Tuesday

Break fast: Toast and banana

Lunch: Lamb tagine and couscous/ Fruit salad with ice cream

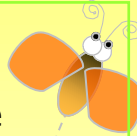
Tea: Cod fingers with sweetcorn and peas/ Melon and cheese cubes

## Wednesday

Breakfast: Porridge with apricot puree

Lunch: Roast chicken with boiled potatoes, broccoli and carrots/ Eton mess

Tea: Houmous with pitta and cucumber/ Blueberry muffin



## Thursday

Breakfast: Weetabix with raspberries

Lunch: Lentil dahl and naan bread/ Iced lemon finger

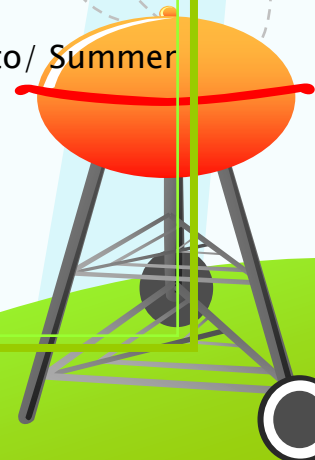
Tea: Mini ploughman's/ Fruit wedges

## Friday

Breakfast: English muffin with blueberries

Lunch: Chicken and sweetcorn risotto/ Summer fruit crumble and custard

Tea: Rainbow wraps/ Banana cake



(allergen and dietary alternatives provided at all times)

Water/ milk served all day