

Spring/Summer – Sample menu

Weekly menu	Breakfast	Snack	Lunch	Tea
Monday	Selection of cereals or wholemeal toast Choice of fruit	Cheese fingers or chopped grapes	Salmon and broccoli pasta bake Mango fool	Sweet pepper sticks Baked potatoes and beans
Tuesday	Selection of cereals or wholemeal toast Choice of fruit	Chopped grapes or corn cake	Chicken and vegetable stir fry with brown rice Yoghurt with chopped blueberries	Broccoli & cheese mini bites Egg mayonnaise sandwiches with beetroot
Wednesday	Selection of cereals or wholemeal toast Choice of fruit	Corn cake or apple slice	Neptune's pie Frozen fruit skewers	Hummus and bread sticks Pinwheel margarita pizza
Thursday	Selection of cereals or wholemeal toast Choice of fruit	Banana or apple slice	Cous cous with roasted vegetable sneaky sauce Watermelon	Avocado on wholemeal toast Roast butternut squash soup
Friday	Selection of cereals or wholemeal toast Choice of fruit	Cheese fingers or cucumber sticks	Cowboy pie Dragon fruit salad	Melon and ham Tuna pasta salad