

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Organic Whole Milk				
	Toast (Wholemeal), Crumpets, Bagels or English Muffins served with Non-Dairy Spread, Cup of Organic Whole Milk to Drink				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Chick Pea and Sweet Potato Curry served with Spinach, Wholegrain Rice and Naan Bread	Pork and Leek Casserole served with Potatoes and Brussel Sprouts	Roast Chicken served with Potatoes and Seasonal Vegetables	Wholemeal Pasta with White Fish Fillets and Vegetable Sauce	Shepherd's Pie topped served with Broccoli
LUNCH - VEGETARIAN OPTION		Red Kidney Beans Casserole served with Potatoes and Brussel Sprouts	Roast Quorn Fillet served with Potatoes and Seasonal Vegetables	Wholemeal Pasta with Red Lentils and Vegetable Sauce	Shepherdess Pie served with Broccoli
DESSERT	Frozen Yoghurt	Stewed Pears with Yoghurt	Flapjack	Chocolate and Raspberry Chia Seed Pudding	Rice Pudding with Dried Apricots
AFTERNOON SNACK	Selection of Rice Cakes, Cumin Straws, Savoury Scones and Homemade Wholemeal Bread served with Homemade Houmous and Homemade Dips				
TEA	Sweet and Sour Vegetable Noodles	Macaroni Cheese and Green Lentils served with Carrots	Omelette Popovers served with Homemade Coleslaw	Jacket Potato topped with Cheese, Baked Beans and Tomatoes	Tomato and Red Pepper Soup served with Wholemeal Bread
TEA - VEGETARIAN OPTION					
DESSERT	Apple Crumble and Custard	Banana Pancakes	Bread and Butter Pudding and Custard	Oat Cookies	Yoghurt and Fruit