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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | A selection of cereals  Toast with various toppings | A selection of cereals  Toast with various toppings | A selection of cereals  Toast with various toppings | A selection of cereals  Toast with various toppings | A selection of cereals  Toast with various toppings |
| **Morning Snack** | Fresh Fruit  Milk/Water | Fresh Fruit  Milk/Water | Fresh Fruit  Milk/Water | Fresh Fruit  Milk/Water | Fresh Fruit  Milk/Water |
| **Lunch** | Lentil Dahl, Rice & Naan Bread  V: Vegetarian Suitable | Beef Stew & Dumplings  V: Vegetarian alternative | Fish Curry & Rice  V: Vegetarian Alternative | Cottage Pie & Veg  V: Vegetarian Alternative | Vegetarian Soup with Homemade Bread  V: Vegetarian suitable |
| **Afternoon Snack** | Yogurt & Fresh Fruit  Milk/Water | Fresh Vegetables & Crackers  Milk/Water | Yogurt & Fresh Fruit  Milk/Water | Fresh Vegetables & Crackers  Milk/Water | Fresh Vegetables & Crackers  Milk/Water |
| **Tea** | Chicken Burgers & Salad  V: Vegetarian Alternative | Sausage Rolls & Pasta Salad V: Vegetarian Alternative | Veggie Quiche & Savoury Rice  V: Vegetarian Suitable | Chicken Fajita Wraps & Salad  V: Vegetarian Alternative | Jacket Potato & Hoops  V: Vegetarian alternative |



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