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| --- | --- | --- | --- | --- | --- |
| **Week 3** | **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** | Vegetable Soup &  Tiger Bread  V: Vegetarian Suitable | Beef Lasagne & Garlic Bread  V: Vegetarian Alternative | Sausage Casserole  V: Vegetarian Alternative | Roast Dinner  V: Vegetarian Alternative | Meatballs & Pasta  V: Vegetarian Alternative |
| **Afternoon Snack** | Fresh vegetables & dip  Milk/Water | Yogurt & Fresh Fruit  Milk/Water | Fresh Vegetables & Crackers  Milk/Water | Fresh vegetables & Dip  Milk/Water | Yogurt & Fresh Fruit  Milk/Water |
| **Tea** | Spaghetti Carbonara  V: Vegetarian Suitable | Cheese & Onion Flan with Salad  V: Vegetarian Suitable | Fish Finger Sandwiches  V: Vegetarian suitable | Sandwiches  V: Vegetarian Suitable | Cous Cous  V: Vegetarian Suitable |



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