

## WEEK 4

	Mon	Tue	Wed	Thurs	Fri
AM Snack	<p>Cheese cubes and apple slices</p> <p>Rice cakes</p> <p><b>Cucumber sticks</b></p>	<p>Salmon and natural yoghurt</p> <p>Crackerbread</p> <p><b>Sugar Snap Peas</b></p>	<p>Cucumber and natural yoghurt dip</p> <p>Oatcakes</p> <p><b>Satsuma</b></p>	<p>Avocado and cream cheese</p> <p>Crackerbread</p> <p><b>Sweetcorn</b></p>	<p>Smoked Mackerel and crème fraiche</p> <p>Rice cakes</p> <p><b>Red Grapes</b></p>
Lunch	<p><b><u>Jamaican rundown</u></b></p> <p>Sweet potatoes, onions and mixed beans in a delicately spiced coconut sauce with couscous</p> <p>Served with broccoli</p> <p><b>Stewed apple and toasted oats</b></p>	<p><b><u>Beef chilli con carne</u></b></p> <p>Mildly spiced beef, with tomatoes, mixed beans and basmati rice</p> <p>Served with carrots</p> <p><b>Baked pears with a crunchy cereal topping</b></p>	<p><b><u>Breaded Fish</u></b></p> <p>Fish fillets in breadcrumbs, served with new potatoes</p> <p>Served with homemade baked beans</p> <p><b>stewed summerberrys and toasted oats</b></p>	<p><b><u>Lamb meatballs</u></b></p> <p>Freshly made lamb meatballs, in a tomato sauce with couscous</p> <p>Served with peas</p> <p><b>Dried mango and raisins with natural yoghurt</b></p>	<p><b><u>Homemade pizza</u></b></p> <p>Homemade pizza with mixed peppers and sweetcorn and new potatoes</p> <p>Served with mange tout and baby corn</p> <p><b>Dried apricot and raisins with natural yoghurt</b></p>

PM Snack	Salmon and yoghurt  Sliced Baguette  <b>Carrot</b>	Avocado cream cheese  Wraps  <b>Cucumber sticks</b>	Sunshine Couscous  Toasted pitta bread  <b>Apple</b>	Mackerel and crème fraiche  Sandwiches  <b>Green grapes</b>	Red pepper cream cheese  Toasted pitta bread  <b>Pear</b>
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