

WEEK 1

	Mon	Tue	Wed	Thurs	Fri
AM Snack	Smoked mackerel and crème fraiche Rice cakes Red grapes	Cheese cubes and apple slices Rice cakes Cucumber sticks	Salmon and natural yoghurt Crackerbread Sugar Snap Peas	Cucumber and natural yoghurt dip Oatcakes Satsuma	Avocado and cream cheese Crackerbread Sweetcorn
Lunch	<u>Jacket potato.</u> Served with homemade beans, and grated cheese Served with sugar snap peas Dried apricot and raisins with natural yoghurt	<u>Vegetable Dhansak</u> Red lentil, roast squash, coconut milk and basmati rice Served with broccoli Baked pears and cereal topping	<u>Beef Spaghetti Bolognese</u> Green & red lentils with tomatoes, onion, garlic, mushrooms and spaghetti Served with carrots Stewed apple and oats	<u>Salmon pasta bake</u> Salmon or soya with a creamy vegetable sauce. Served with baby sweetcorn Stewed summerberries and toasted oats	<u>Lamb meatballs</u> Freshly made lamb meatballs in a tomato sauce with couscous Served with peas. Dried mango and raisins with natural yoghurt

PM Snack	Sunshine cous cous Toasted pitta bread Pear	Salmon and yoghurt Sliced Baguette Carrot	Avocado cream cheese Wraps Cucumber sticks	Smoked mackerel and crème fraîche sandwiches apple	Red pepper and cream cheese Toasted pitta bread Green grapes
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