

## WEEK 3

	Mon	Tue	Wed	Thurs	Fri
AM Snack	<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>	<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>
Lunch	<p><b><u>Salmon pasta bake</u></b></p> <p>Salmon with a homemade tomato vegetable sauce. Baked with a breadcrumb and cheese topping</p> <p>Served with Baby sweetcorn</p> <p><b>Stewed summer berries 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>Jacket potato</u></b></p> <p>Served with homemade beans, and grated cheese</p> <p>Served with sugar snap peas</p> <p><b>Dried raisins and Apricot with natural yoghurt</b></p>	<p><b><u>Vegetable korma</u></b></p> <p>Courgette, potato, cauliflower and coconut curry with basmati rice</p> <p>Served with broccoli</p> <p>Baked pears with crunchy cereal topping</p>	<p><b><u>Beef Spaghetti Bolognese</u></b></p> <p>Green and red lentils with tomatoes, onion garlic, mushrooms and spaghetti</p> <p>Served with carrots</p> <p><b>stewed apple and toasted oats</b></p>

PM Snack	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>	Salmon and yoghurt Sliced Baguette <b>Carrot</b>	Avocado cream cheese Wraps <b>Cucumber sticks</b>
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