

WEEK 2

	Mon	Tue	Wed	Thurs	Fri
AM Snack	<p>Avocado and cream cheese</p> <p>Crackerbread</p> <p>Sweetcorn</p>	<p>Smoked mackerel and crème fraiche</p> <p>Rice cakes</p> <p>Red Grapes</p>	<p>Cheese cubes and apple slices</p> <p>Rice cakes</p> <p>Cucumber sticks</p>	<p>Salmon and natural yoghurt</p> <p>Crackerbread</p> <p>Sugar Snap Peas</p>	<p>Cucumber and natural yoghurt dip</p> <p>Oatcakes</p> <p>Satsuma</p>
Lunch	<p><u>Lamb meatballs</u></p> <p>Freshly made Lamb meatballs, in a tomato sauce and couscous</p> <p>Served with peas</p> <p>Dried mango & raisins with natural yoghurt</p>	<p><u>Homemade pizza</u></p> <p>Homemade pizza with mixed peppers and sweetcorn</p> <p>Served with sugar snap peas and baby sweetcorn and new potatoes</p> <p>Dried apricot and raisins with natural yoghurt</p>	<p><u>Jamaican rundown</u></p> <p>Sweet potatoes, onions and mixed beans in a delicately spiced coconut sauce and couscous</p> <p>Served with broccoli</p> <p>Stewed apple and toasted oats</p>	<p><u>Beef chilli con carne</u></p> <p>Mildly spiced beef, with tomatoes, mixed beans and basmati rice</p> <p>Served with Carrots</p> <p>Baked pears with a crunchy cereal topping</p>	<p><u>Breaded Fish</u></p> <p>Fish fillets in breadcrumbs, served with new potatoes</p> <p>Served with homemade baked beans</p> <p>Stewed summer berries and toasted oats</p>
PM Snack	<p>Mackerel and crème fraiche</p> <p>Sandwiches</p> <p>Green grapes</p>	<p>Red pepper cream cheese</p> <p>Toasted pitta bread</p> <p>apple</p>	<p>Salmon and yoghurt</p> <p>Sliced Baguette</p> <p>Carrot</p>	<p>Avocado and cream cheese</p> <p>Wraps</p> <p>Cucumber sticks</p>	<p>Sunshine cous cous</p> <p>Pitta bread</p> <p>Green grapes</p>

