

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Breakfast	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat
	Wholemeal Toast with butter or jam	Wholemeal Toast with butter or jam	Wholemeal Toast with butter or jam	Wholemeal Toast with butter or jam	Wholemeal Toast with butter or Jam
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning snack	Plain Popcorn & mango	Platter: Apple, Banana, strawberries, peach rings	Flavoured rice cakes & orange pieces	Crackers with ham or chicken roll with fruit slices	Platter: Apple, Banana, Cucumber, Grapes, & Oranges
Afternoon snack	Bread sticks & cheese spread with apple slices	Natural yoghurt & fruit slices	Plain bagels with cheese spread and fruit sticks	Bread sticks & cheese spread with apple slices	Cucumber and carrot sticks with garlic and herb dip
Light bite tea	Pasta with Cheese, Ham, Chicken or Peas, sweetcorn	Pizza Wraps	Crackers, Cheese, Ham or Chicken and seasonal fruit	Small Jacket Potato served with Beans Cheese or Tuna Mayo	Beans on Toast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					
Breakfast	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat
	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning snack	Flavoured rice cakes & plain popcorn, banana sticks	Bread sticks & cheese spread with fruit sticks	Platter: Apple, Banana, strawberries, peach rings	Plain bagels with cheese spread and fruit sticks	Crackers with cream cheese and fruit sticks
Afternoon snack	Cucumber and carrot sticks with garlic and herb dip	Toasted crumpets with cheese with cucumber sticks	Crackers with ham or chicken roll with fruit sticks	Natural yoghurt & fruit sticks	platter: plain popcorn, pineapple chunks, grapes
Light bite tea	Crackers, Cheese, Ham or Chicken, peas, and seasonal fruit	Pasta with Cheese, Ham, Chicken or Peas	Beans on Toast	Pizza Wraps – cheese/ham on tortilla (wholemeal)	Small Jacket Potato served with Beans Cheese or Tuna Mayo

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3					
Breakfast	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat	A selection of cereals including Weetabix, Shreddies, Cheerio's and Rice Krispies, shredded wheat
	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam	Wholemeal Toast with butter or Jam
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Morning snack	platter: strawberries, peach rings, pineapple chunks	Flavoured rice cakes & plain popcorn, banana sticks	Natural yoghurt & fruit sticks	Cucumber and carrot sticks with garlic and herb dip	Plain bagels with cheese spread and fruit sticks
Afternoon snack	Crackers with ham or chicken roll with fruit sticks	Plain bagels with cheese spread and fruit sticks	Toasted crumpets with cheese with cucumber sticks	Crackers with cream cheese and fruit sticks	Plain bagels with cheese spread and fruit sticks
Light bite tea	Small Jacket Potato served with Beans Cheese or Tuna Mayo	Beans on Toast	Pizza Wraps	Pasta with Cheese, Ham, Chicken or Peas	Crackers, Cheese, Ham or Chicken and seasonal fruit