

Day	Week 1	Week 2
Monday	Snack: Bread sticks with cream cheese. Tea: Wholemeal pitta bread with tuna, ham, cheese or marmite. Cucumber and carrots Dessert: Chopped apple and raisins.	Snack: Rice cakes with butter or marmite Tea: Fish fingers with either beans or spaghetti. Dessert: Fruit cocktail.
Tuesday	Snack: Popcorn and fruit selection. Tea: Quorn hotdogs offered with ketchup. Cherry tomatoes And pepper sticks Dessert: Pineapple chunks and cheese.	Snack: Bread sticks with cream cheese. Tea: pasta spirals with either a tomato sauce or pesto and grated cheese. Dessert: Grapes and apples.
Wednesday	Snack: Crackers with butter and marmite. Tea: pasta spirals with either a tomato sauce or pesto and grated cheese. Dessert: Melon and banana.	Snack: A cheese twist and fruit selection. Tea: Tomato or chicken soup with homemade wholemeal croutons. Dessert: Pineapple chunks and cheese.
Thursday	Snack: A shortcake biscuit and fruit selection. Tea: Fish fingers with either beans or spaghetti. Dessert: Tinned peaches.	Snack: Popcorn and fruit selection. Tea: Ham or cheese wholemeal roll salad selection. Rice cakes. Dessert: Melon and banana.
Friday	Snack: A cheese twist and fruit selection. Tea: A wholemeal ham or cheese sandwich. Rice cakes. Salad selection. Dessert: A shortcake biscuit.	Snack: A shortcake biscuit and fruit selection. Tea: ham, cheese or marmite toasties with Cucumber and carrots Dessert: Tinned peaches.