

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Breakfast	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.	Cereal or toast with spread and conserve. Milk or Water.
Morning snack	Fresh fruit and raw vegetable selection with bread sticks. Milk or water.	Fresh fruit and raw vegetable selection with rice cakes. Milk or water.	Fresh fruit and raw vegetable selection with cream crackers. Milk or water.	Fresh fruit and raw vegetable selection with bread sticks. Milk or water.	Fresh fruit and raw vegetable selection with rice cakes. Milk or water.	Fresh fruit and raw vegetable selection with cream crackers. Milk or water.	Fresh fruit and raw vegetable selection with bread sticks. Milk or water.	Fresh fruit and raw vegetable selection with rice cakes. Milk or water.	Fresh fruit and raw vegetable selection with cream crackers. Milk or water.
Lunch	Chicken korma with rice, green beans and naan. Fruit Yogurt	Beef and mushroom stroganoff, rice and seasonal vegetables. Raspberries, Jelly and dairy ice cream	Salmon and pea risotto and carrot batons. Courgette and lime cake	Vegetable pizza and salad leaves. Seasonal fruit salad	Pork ragu and seasonal vegetables. Peach fool ripple	Lamb moussaka and salad. Blueberry sponge cake	Fish fingers, wedges and baked beans. Frozen yogurt	Jacket Potato, beans and cheddar cheese. Greek yogurt and Raspberry puree.	Pea, ham and mushroom pasta bake. Sponge cake
Afternoon snack	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.	Fresh fruit and raw vegetable selection. Milk or water.
High tea	Cous cous with chicken, and salad.	Pitta pockets with egg mayonnaise, carrot and cucumber sticks.	Selection of sandwiches with salad sticks.	Fish finger sandwich and salad.	Selection of wraps with cherry tomatoes.	Cream cheese bagels.	Breaded chicken with wraps and salad	Selection of sandwiches and cheese curls	Potato salad and ham