

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Organic Whole Milk				
	Toast (Wholemeal), Crumpets, Bagels or English Muffins served with Non-Dairy Spread, Cup of Organic Whole Milk to Drink				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH</b>	Roast Vegetables and Red Lentil Pasta Bake	Sweet and Sour Chicken served with Seasonal Vegetables and Rice	Fish Fillets served with Sweet Potatoes and Seasonal Vegetables	Shepherd's Pie with Sweet Potato Topping served with Broccoli	Beef Lasagne served with Garlic Bread
<b>LUNCH - VEGETARIAN OPTION</b>		Sweet and Sour Tofu served with Seasonal Vegetables and Rice	Fishless Fillets served with Sweet Potatoes and Seasonal Vegetables	Shepherdess Pie with Sweet Potato Topping served with Broccoli	Vegetable Lasagne served with Garlic Bread
<b>DESSERT</b>	Stewed Fruit and Custard	Fruit Crumble and Ice Cream	Lemon Sponge and Custard	Seasonal Fruit Salad	Bananas and Custard
<b>AFTERNOON SNACK</b>	Selection of Rice Cakes, Cumin Straws, Savoury Scones and Homemade Wholemeal Bread served with Homemade Houmous and Homemade Dips				
<b>TEA</b>	Mixed Bean Chilli served with Potato Wedges	Wholemeal Pitta Pizza with Various Toppings	Vegetable Pasta Bake served with Vegetables	Stir Fried Vegetables with Beansprouts served with Egg Noodles	Butternut Squash and Carrot Soup served with Wholemeal Bread
<b>TEA - VEGETARIAN OPTION</b>					
<b>DESSERT</b>	Frozen Yoghurt	Banana Pancakes	Yoghurt and Fruit	Jelly and Ice Cream	Gingerbread