

Menu -1-

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Cereal, Toast with jam or marmalade Milk	Breakfast Cereal, Toast with jam or marmalade Milk	Breakfast Cereal, Toast with jam or marmalade Milk	Breakfast Cereal, Toast with jam or marmalade Milk	Breakfast Cereal, Toast with jam or marmalade Milk
Mid-Morning Snack	Milk Toast with salami or cheese Fruits	Milk, Pitta bread with cheese Banana, Apple	Milk, Pears, Orange Cheese, and Crackers with Butter	Milk, Toast with salami or cheese cucumber, Apple	Milk, Crackers with cheese, And Fruits
Lunch	Chicken with vegetables and boiled Rice	Pasta Bolognese	Lamb &veggies with Potatoes	Lentils Soup	Couscous with Vegetables
Mid-afternoon snack	Milk, Yogurt, Banana, Apple And Grapes	Milk/water Crackers with cheese and Pears	Milk, Pitta bread, cucumber, Apple	Milk, Pears and Cheese or salami on Toast	Milk, Pears, Orange Cheese, and Crackers with Butter
Tea	Banana shake	Mixed Fruit & Yogurt	Beans & Bread	Toast with cheese or salami	Veggies Soup & Pitta Bread