

Menu -3-

	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 Fruit	Milk, Crackers with Cheese and Banana, Apple	Milk, Toast with salami or cheese cucumber, Apple	Milk, Pears, Orange, cheese and Crackers with Butter	Milk, Toast with cheese, And Fruits
Lunch	Cuscus Meat Veg.	Tuna Pasta Bake	Chicken with Rice	Red Lines with Potatoes and Carrots Soup	Fish, Mash Potatoes
Mid-afternoon snack	Milk, Yogurt, Orange, Apple	Milk, Yogurt, Orange, Apple And Grapes	Milk, Pitta bread, cucumber, Apple	Milk, Pears and Cheese or salami on Toast	Milk, Pears, Orange Cheese, and Crackers with Butter
Tea	Beans & Pita Bread	Mixed Fruit & Yogurt	Beans & Bread	Toast with cheese or salami	Pita Bread, Beans