

WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|--|
| BREAKFAST | Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk | | | | |
| | Homemade Yoghurt with Seasonal Fruit | | | | |
| | Toast or Crumpet with Non-Dairy Spread and Cup of Whole Milk | | | | |
| MORNING SNACK | Selection of Fresh Seasonal Fruit and Vegetable Sticks | | | | |
| LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE | Lentil, Potato and Spinach Curry served with Naan Bread | Fish Pie served with Runner Beans | Fish and Vegetable Curry served with Couscous | Roast Chicken served with Potatoes and Seasonal Vegetables | Hungarian Beef Goulash served with Rice |
| DESSERT | Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding | | | | |
| AFTERNOON SNACK | Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous | | | | |
| TEA - VEGETARIAN OPTIONS ALSO AVAILABLE | Wholemeal Pitta Ham and Pepper Pizza served with Seasonal Salad | Mexican Bean and Cheese Wrap served with Vegetable Sticks | Falafels served with Seasonal Salad | Roast Vegetable and Red Lentil Pasta served with Seasonal Salad | Homemade Cheese Flatbread with Mushroom and Tomato with a Boiled Egg |
| DESSERT | Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding | | | | |