

# WEEK 3



Marlow

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	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				
<b>MORNING SNACK</b>	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
<b>LUNCH - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Lamb Moussaka served with Carrots	White Fish served with Ratatouille and Sweet Potato	Vegetable Lasagne served with Seasonal Salad	Roast Chicken served with Root Vegetables	Vegetable Red Lentil Dansak and Rice
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				
<b>AFTERNOON SNACK</b>	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
<b>TEA - VEGETARIAN OPTIONS ALSO AVAILABLE</b>	Tortilla Wrap with Ham, Cheese and Seasonal Salad	Jacket Potato, Baked Beans and Tomatoes	Kamara Chickpea Patties served with a Boiled Egg	Fish and Pea Cakes served with Seasonal Salad	Tomato Pasta and Cannellini Bean Primavera
<b>DESSERT</b>	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				