

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				