

Week 2 2017	Am snack-Milk and Water is provided.	Lunch- Water provided	Pm snack-Milk and Water is provided.	Tea- Water provided	How many portions of each do I need per day??
Monday	Toast and Toppings	Fish Pie and Boiled Potato's Fruit Salad	Fruit- Veg Platter and Oatcakes	Rainbow Pasta Banana Cake	Bread, Rice, Potato's, Pasta- 4 per day
Tuesday	Peppers and Breadsticks	Apricot Chicken and Rice Custard and Raisins	Rice Cake and Hummus	Tomato and Cheese Pizza Muffins Fruit Platter	Fruit and Vegetables- 5+ per day
Wednesday	Cucumber and Crumpets	Roast Beef, Potato's and Green Veg Strawberries and Cream	Cheese and Crackers	Fish Finger Sandwiches Fruit Jelly	Meat, Fish, Eggs, Beans- 2-3 per day
Thursday	Melon and Rice cakes	Turkey Meatballs and Spaghetti Honey and Yogurt	Vegetable Platter and Tzatziki	Roasted Vegetable and Feta Wraps Fruit Skewers	Milk and Dairy- 3 per day
Friday	Bread, Butter and Apples	Minced Curry Boats and Salad Pineapple Upside Down Cake	Pears and Cheese Straws	Ham Toasties and Wedges Ginger Bread Biscuits	High Fats, High Sugar Foods- 0-2 per day