

Week 3 2017	Am snack-Milk and Water Provided	Lunch- Water Provided	Pm snack- Milk and Water Provided	Tea- Water Provided	How many potions do I need per day??
Monday	Rice Cakes and Bananas	Cowboy Pie Fruit Platter	Bread, Butter and Apples	Macaroni and Bacon Cheese Fruit Tarts	Bread, Rice, Potato's, Pasta- 4 per day
Tuesday	Cheese Straws and Grapes	Roast Pork, Potato's and Vegetables Dried Fruit and Custard	Oatcakes and Fruit- Veg Platter	Turkey Pitta Pockets Apple Cake	Fruit and Vegetables- 5+ per day
Wednesday	Malt loaf and Oranges	Meaty Baked Bean Pot Fruit Salad	Crackers and Pears	Scrambled Eggs on Toast Mixed Fruit Cup Cakes	Meat, Fish, Eggs, Beans- 2-3 per day
Thursday	Carrots and Breadsticks	Mushroom Stroganoff and Brow Rice Fruit Skewers	Humus and Cucumber	Potato and pea pies Yogurt and Raisins	Milk and Dairy- 3 per day
Friday	Hot Cross Buns and Pears	Quorn Lasagne and Garlic Bread Mixed Fruit Jelly	Melon and Cracker Bread	Mini Jackets, Cheese and Tomato's Pancakes and Berries	High Fats, High Sugar Foods- 0-2 per day