

# Menu week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals	Selection of cereals
am snack	Bread sticks and hummus	Selection of fruit	Rice cakes	Selection of fruit	Carrot and cucumber sticks
lunch	Lamb Moussaka	Roast chicken in gravy.	Cowgirl Millie's sweet potato chilli	Salmon and pineapple Thai curry	BBQ Bean Chilli
side dishes	Mixed Veg	Potato and carrots	Rice	Noodles	Couscous
second course	Watermelon	Fruit and yogurt	Melon slices	Fruit Coolie and yogurt	Pineapple
tea	Tikka chicken Butternut apricot couscous	Italian bean stew	Creamy parsnip and cannoli bake	Sweet potato shepherdsless pie	Corn Mac and Cheese
side dishes	N/A	Jacket potato	Garlic Bread	Cucumber sticks	Mixed veg
second course	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit