



MENU WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole-Wheat Bagels with cream cheese or hummus	Heinz Beans on Wholemeal Toast	Crudité's Platter: Cucumber, Tomato, Carrots and Pepper Slices with Hummus & Whole-Wheat Crackers	Whole-Wheat Bagels with cream cheese or hummus	Homemade Sugarless Flapjacks



MENU WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti on Whole-Wheat Toast	Whole-Wheat Pitta Bread Fingers with Hummus, Cream Cheese Dips	Fruit Melody: Banana, Orange, Apple, Strawberry Platter with Fruit Flavoured Yoghurt & brioche	Whole-Wheat Wraps with a choice of fillings.	Tuna & Sweetcorn Whole-Wheat Pasta or Passata Sauce



MENU WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans on Whole-Wheat Toast	Whole-Wheat Pitta Bread Fingers with Hummus, Cream Cheese Dips	Vegetable Soup with Whole-Wheat Barm	Pitta Pockets filled with Turkey, mozerella, and tomatoes	Fruit Melody: Banana, Orange, Apple, Strawberry Platter with Fruit Flavoured Yoghurt



Menu Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey and Hummus Pinwheels	Fruit Melody: Banana, Orange, Apple, Strawberry Platter with Fruit Flavoured Yoghurt & wholewheat Crackers	Vegetable Soup with Whole-Meal Bread Roll	Tuna Pasta Bake (Children's Made)	Homemade Sugarless Flapjacks



MENU WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans on Whole-Wheat Toast	A Selection of Warm Pannini	Crudité's Platter: Cucumber, Tomato, Carrots and Pepper Slices with Hummus & Whole-Wheat Crackers	Homemade Sugarless Flapjacks	Whole-Wheat Pitta Chips with Hummus or Tomato Salsa Dip



MENU WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Crudités Platter: Cucumber, Carrots and Pepper Slices with Hummus & Whole-Wheat Crackers</p>	<p>Whole-Wheat Tortilla Pizza's with Tomato Salsa and Shredded Cheese</p>	<p>Homemade Sugarless Flapjacks</p>	<p>Whole-Wheat Bagels with Cream Cheese or Hummus</p>	<p>Fruit Melody: Banana, Orange, Apple, Strawberry Platter with Fruit Flavoured Yoghurt</p>