

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AM SNACK	Apple & cheese	Oat cake and banana	Carrot, cucumber and homemade houmous	Apple and rich tea	Cheese stick and cherry tomatoes
LUNCH	Ratatouille and chicken pasta bake <b>Veggie option:</b> Ratatouille pasta bake  Yoghurt	Salmon fish cake with mushy peas and wedges <b>Veggie option</b> Spicy bean burger, Mushy peas and wedges  Fruit salad	Lentils, vegetables and potato curry with Rice  Apricot and raisin flapjack	Jacket potato with BBQ baked beans and cheese  Semolina	Beef lasagna with hidden vegetables <b>Veggie option:</b> Roasted vegetables lasagna  Jelly with blackberries
PM SNACK	Honey dew melon	Apple	Banana	Satsuma	Pear
TEA	Wholewheat spaghetti rings with bread and butter	English muffin pizza	Ham sandwich	Carrot and coriander soup with bread	Tuna mayo and sweetcorn pitta

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
AM SNACK	Banana and Raisins	Crackers and Apricots	Breadsticks and Grapes	¼ Marmite sandwich	Pear and Rice cake	Satsuma and Rich tea
LUNCH	Chicken meatballs in tomato sauce with green beans and Rice <b>Veggie option</b> Falafel in tomato sauce with green beans and rice  Tinned peaches	Butternut Squash Mac and Cheese    Apple Crumble	Spinach, cauliflower and sweet potato Curry with Rice   Macaroni pudding	Sausage casserole with pasta <b>Veggie option</b> Vegan Sausage casserole with pasta   Banana and custard	Chicken Pie  Veggie option Vegetable Pie   yoghurt	Risotto Primavera with chicken <b>Veggie option</b> Risotto primavera   Tinned Pineapple
PM SNACK	Grapes	Honeydew Melon	Pear	Satsuma	Apple	Fruit bowl
TEA	Cheese sandwich OR marmite sandwich	Leek and potato Soup and bread	Coleslaw and cheese Pitta	Crackers, Cheese and Cherry tomatoes	Hardboiled egg, cucumber, carrot stick with bread and butter	Roasted Vegetables and ham Cous Cous