

| | DAY1 | DAY2 | DAY3 | DAY4 | DAY5 | DAY6 | DAY7 | DAY8 | DAY9 | DAY10 | Day 11 |
|-----------------------|------------------------------------|------------------------------|-------------------------------|-----------------------|----------------------------|--------------------------------------|--------------------------------------|---------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| AM Snack | Rich tea and grapes | Oat cakes and pear | Rice cakes and apricot | Bread sticks and jam | Cheese peppers and carrots | Apple and raisins | Raisins And Butter your own bread | Cracker And dates | ¼ sandwich with marmite | Cheese stick and apple | Banana And rice cake |
| L U N C H | Jacket potato with bean and cheese | Pasta with hidden vegetables | Cottage pie | Mix Veg burrito | Tuna fish pie | Broccoli and cauliflower cheese bake | Sausage n mash with carrots and peas | Lentils and veg curry with rice | Bolognese pasta hidden vegetables | Cowboy hotpot | Smoked paprika Chicken and mix veg |
| | Tinned peaches | Apple sponge | yoghurt | Carrot cake | Rice pudding | Jelly with forest fruits | Banana and custard | yoghurt | semolina | Coconut and <u>courgette</u> cake- | Fruit salad |
| PM Snack | Honey dew melon | banana | apple | pear | grapes | Honeydew melon | satsuma | apple | banana | pear | orange |
| T E A | Parsnip and apple soup, bread | Tuna mayo and sweetcorn wrap | Cheese straws, Hummus peppers | Bagel and soft cheese | Ham sandwich | Minestrone soup with bread | Pasta salad | Cheese sandwich | Egg mayo pitta | Cheese scone | Corn beef sandwich |