

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and banana	Roasted cheese/cheese on toast and sliced tomato	Yoghurt and pancakes	Porridge and berries	Cereal and raisins
Morning Snack	Breadsticks and oranges	Rice cakes and apple slices	Potato wedges and salsa/mayo	Pitta breads & cheese (can serve as pizzas or pockets) Cucumber and carrot sticks	Crackers/oatcakes and cheese spread and cucumber
Lunch					
Mid Afternoon Snack	Bagels and cheese	Pitta breads & cheese (can serve as pizzas or pockets) Cucumber and carrot sticks	Crackers/oatcakes and cheese spread and cucumber	Crumpets and vitalite	
Evening Snack	Fruit				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and berries	Cereal and banana	Roasted cheese/cheese on toast and sliced tomato	Yoghurt and pancakes	Cereal and raisins
Morning Snack	Potato wedges and salsa/mayo	Bagels and cheese	Scones and vitalite	Potato wedges and salsa/mayo	Yoghurt and fruit
Lunch					
Mid Afternoon Snack	Crackers/oatcakes and cheese spread and cucumber	Potato wedges and salsa/mayo	Pitta breads & cheese (can serve as pizzas or pockets) Cucumber and carrot sticks	Bagels and cheese	
Evening Snack	Fruit				

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yoghurt and pancakes	Porridge and berries	Cereal and banana	Roasted cheese/cheese on toast and sliced tomato	Cereal and raisins
Morning Snack	Pitta breads & cheese (can serve as pizzas or pockets) Cucumber and carrot sticks	Crumpets and vitalite	Bagels, cream cheese and peppers	Rice cakes and apple slices	Yoghurt and fruit
Lunch					
Mid Afternoon Snack	Potato wedges and salsa/mayo	Crackers/oatcakes and cheese spread and cucumber	Crumpets and vitalite	Toast and Spaghetti Hoops	
Evening Snack	Fruit				

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Roasted cheese/cheese on toast and sliced tomato	Cereal and raisins	Porridge and berries	Cereal and banana	Yoghurt and pancakes
Morning Snack	Rice cakes and apple slices	Breadsticks, cucumber and peppered with cheese and chive dip	Crackers/oatcakes and cheese spread and cucumber	Crackers/oatcakes and cheese spread and cucumber	Yoghurt and fruit
Lunch					
Mid Afternoon Snack	Crackers/oatcakes and vitalite and cucumber	Roasted cheese/cheese on toast and sliced tomato	Toast and Spaghetti Hoops	Pitta breads & cheese (can serve as pizzas or pockets) Cucumber and carrot sticks	
Evening Snack	Fruit				

