

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Italian vegetable and beef pasta with broccoli and naan bread	Chicken tikka with spiced potato and spinach with brown rice	Cowgirl Millie's sweet potato chilli with peas and couscous	Salmon and pineapple thai curry with vermicelli rice noodles and naan bread	Butternut and sage barley risotto with peas and white rice
Tea	Crumpets with carrot and cucumber sticks	Ham or cheese sandwiches with pepper and celery sticks	Rice cakes with avocado and tomatoes	Tuna wrap with carrot sticks and sweetcorn	Ham or cheese sandwiches with cucumber and tomatoes
	Followed by a yogurt or a dairy free yogurt	Followed by a yogurt or a dairy free yogurt	Followed by a yogurt or a dairy free yogurt	Followed by a yogurt or a dairy free yogurt	Followed by a yogurt or a dairy free yogurt