



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices	Fresh fruit slices
Lunch	<ul style="list-style-type: none"> ○ Lentil and vegetable stew with brown rice ○ Steamed green beans 	<ul style="list-style-type: none"> ○ Cottage pie with mashed sweet potato and minced beef ○ Steamed peas and carrots 	Mild chickpea and vegetable curry with basmati rice	<ul style="list-style-type: none"> ○ Fish fillet with mashed potatoes and steamed green beans ○ Carrot and cucumber side salad 	Meatballs in tomato sauce with whole-wheat spaghetti
Afternoon Snack	Fresh fruit slices and whole-grain rice cakes	Fresh fruit slices and whole-grain rice cakes	Fresh fruit slices and whole-grain rice cakes	Fresh fruit slices and whole-grain rice cakes	Fresh fruit slices and whole-grain rice cakes
Tea	Chicken and vegetable wraps with lettuce, cucumber, and a light yogurt dressing	Tomato and cheese sandwiches on whole-grain bread with vegetable sticks	Whole-wheat pasta with mild tomato and vegetable sauce	Chicken and vegetable wraps with lettuce, cucumber, and a light yogurt dressing	Chicken and vegetable stir-fry with noodles
Pudding	Seasonal fruit salad for dessert	Greek yogurt with a sprinkle of granola	Fresh melon cubes	Greek yogurt with a sprinkle of granola	Fresh melon cubes

WINTER MENU