

Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Rice crackers cucumber and cherry tomatoes	Crumpets with spread and grapes	Pancakes and bananas	Bagels with apples	Peaches with breadsticks
Prepare		Children to prepare banana oat bars			
Lunch	Jacket potatoes with beans, cheese and salad with sweetcorn and coleslaw	Chicken kebab in tortilla wrap with salad	Lentils with rice, salad and raita	Chicken Shawarma in pitta bread with romaine lettuce and tomatoes (see receipe sheet)	Fish cakes with potato wedges and salad
Desert	Frozen mixed berries and yogurt	Banana oat bars with chocolate chips (mix, bind and bake)	Lemon and raspberry chia seed pudding	Rice Pudding	Mixed dried fruit with yogurt
Shopping or Afternoon prepare	Frozen mixed berries Yogurt	Oats Chocolate chips			