

MEALS / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BREAKFAST (8-9am)</p>	<p>Cornflakes Rice Krispies Porridge Weetabix</p>	<p>Cornflakes Rice Krispies Porridge Weetabix</p>	<p>Cornflakes Rice Krispies Porridge Weetabix</p>	<p>Cornflakes Rice Krispies Porridge Weetabix</p>	<p>Cornflakes Rice Krispies Porridge Weetabix</p>
 <p>LUNCH (11.30am)</p> 	<p>Main: Fish Fingers (Ayden) Mashed Potatoes and Beans</p> <p>Salad: Cucumber, pepper, tomatoes</p> <p>Desert: Fruit/yoghurt</p> <p>Drink: Water</p>	<p>Main: Macaroni Cheese Pie and Sweet Corn</p> <p>Salad: Cucumber, lettuce, tomatoes</p> <p>Desert: Fruit/yoghurt</p> <p>Drink: Water</p>	<p>Main: Lentil Dhal with Rice (Ayaan) and Broccoli</p> <p>Salad: Cucumber, pepper, tomatoes</p> <p>Desert: Fruit/yoghurt</p> <p>Drink: Water</p>	<p>Main: Vegetable Chow Mein</p> <p>Salad: Cucumber, pepper, tomatoes</p> <p>Desert: Fruit/yoghurt</p> <p>Drink: Water</p>	<p>Main: Jacket Potato (Lara) with Beans and Cheese</p> <p>Salad: Cucumber, pepper, tomatoes</p> <p>Desert: Fruit/yoghurt</p> <p>Drink: Water</p>
 <p>TEA (3pm)</p>	<p>Beans on Toast Fruit Water/milk</p>	<p>Grated Cheese on Rice Crackers Fruit Water/milk</p>	<p>Tinned Tomato Soup with Crackers Fruit Water/milk</p>	<p>Fruity Waffles Fruit Water/milk</p>	<p>Pizza (Buddy) with Salad Fruit Water/milk</p>