
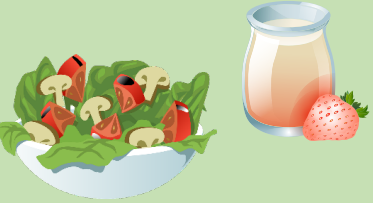




MEALS / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST (8-9am)	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix
  LUNCH (11.30am)	<b>Main:</b> Cheese and Potato Pie with Carrots  <b>Salad:</b> Cucumber, lettuce, tomatoes  <b>Desert:</b> Fruit/yoghurt  <b>Drink:</b> Water	<b>Main:</b> Vegetable Spaghetti Pasta ( <i>Ahad</i> ) with Garlic Bread  <b>Salad:</b> Cucumber, lettuce, tomatoes  <b>Desert:</b> Fruit/yoghurt  <b>Drink:</b> Water	<b>Main:</b> Steamed Fish with Couscous  <b>Salad:</b> Cucumber, pepper, tomatoes  <b>Desert:</b> Fruit/yoghurt  <b>Drink:</b> Water	<b>Main:</b> Quorn Sausages, Roast Potatoes and Parsnips  <b>Salad:</b> Cucumber, pepper, tomatoes  <b>Desert:</b> Fruit/yoghurt  <b>Drink:</b> Water	<b>Main:</b> Vegetable Risotto  <b>Salad:</b> Cucumber, pepper, tomatoes  <b>Desert:</b> Fruit/yoghurt  <b>Drink:</b> Water
 TEA (3pm)	Pancakes with toppings Fruit Water/milk	Banana Sandwiches Fruit Water/milk	Cheese on crackers Fruit Water/milk	French Toast Fruit Water/milk	Humus & bread soldiers Fruit Water/milk