
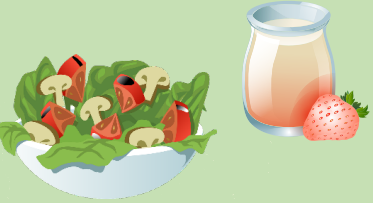




MEALS / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST (8-9am)	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix
  LUNCH (11.30am)	Main: Fish Risotto Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Quorn Mince Lasagne with Broccoli (Elvin) Salad: Cucumber, lettuce, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Vegetarian Quiche with Baked Beans Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Vegetable Soup with Buttered Bread Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water	Main: Fish Fingers and Chips Salad: Cucumber, pepper, tomatoes Desert: Fruit/yoghurt Drink: Water
 TEA (3pm)	Tinned Vegetable Soup & Bread Fruit Water/milk	Open Fish Paste Sandwiches Fruit Water/milk	Fruit Pancakes Fruit Water/milk	Weetabix and Fruit Fruit Water/milk	Cream Cheese on Crackers Fruit Water/milk