**SAMPLE MENU**

**Week 1 Week 2**



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| **Monday** | **Grilled Cheese\* and ham panini Sandwiches with choice of fillings\* Choice of fresh fruit or salad Choice of fruit****Milk shake, milk, juice or water Milk shake, juice or water** |
| **Tuesday** | **Crumpets with jam/soft cheese /butter\* Bagels with soft cheese spread\* Choice of fresh fruit or salad Selection of fruit****Milk, juice or water Juice, milk or water** |
| **Wednesday** | **Ham rolls / brioche\*with cheese and cucumber sticks Pancakes with strawberries/bananas\* Choice of fresh fruit Yogurt****Milk, juice or water Juice, milk or water** |
| **Thursday** | **Chicken or cheese wrap\* Tomato soup & bread rolls\* Carrot sticks Choice of fruit****Choice of fruit Juice, milk or water****Milk, juice or water** |
| **Friday** | **Pinwheel sandwiches with cheese, ham or tuna\* Crackers with cheese/rice cakes &cucumber\* Selection of fresh veg and cherry tomatoes Rice pudding/yogurt****Milk, juice or water Juice or water** |
|  | **\*vegetarian** |