**SAMPLE MENU**

 **Week 1 Week 2**

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| **Monday** | **Cheese on toast and beans on toast Jam sandwiches****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 Hot dogs and veggie sausage** **Choice of fresh fruit or salad Selection of fruit****Milk, juice or water Juice, milk or water** |
| **Wednesday** | **Ham or cheese rolls and cucumber sticks Pancakes** **Choice of fresh fruit strawberries/banana/watermelon****Milk , juice or water Juice ,milk or water** |
| **Thursday** | **Pizza Tomato pasta****Carrot sticks Choice of fruit****Choice of fruit Juice, milk or water****Milk, juice or water** |
| **Friday** | **Selection of sandwiches Crackers with cheese/rice cakes &cucumber** **Selection of fresh veg and cherry tomatoes Soup****Milk, juice or water Juice or water** |