

Week 2 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry muffins	Cereal	Yoghurt	Cereal	English muffins
Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.	Greek yoghurt, blueberry and honey parfait.	Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.	Toasted wholewheat English muffins with non-dairy spread or cream cheese.	Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.
Oriental rice bowl (chicken, coconut rice, roasted broccoli, teriyaki sauce)	Macaroni cheese with diced carrots and peas.	Penne pasta with meatballs and spinach in a tomato sauce.	Homemade pizza with tomato sauce, mozzarella and ground turkey and peppers.	Sandwiches. Either tuna, cheese, chicken, ham & cheese, grilled cheese. Fresh peppers and cucumber on the side.
Taco dip (salsa & cream cheese) with soda crackers.	Fresh vegetable sticks (carrot, celery, peppers) with ranch dip.	Unsalted soda crackers and cheese.	Honey & banana homemade granola squares.	Homemade carrot or blueberry muffins.

- All bread is wholewheat.
- Water is always available and served with every meal.
- Fresh fruit is always offered after lunch.
- Milk is served with every lunch.