

Week 1 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry muffins	Cereal	Bagels	Cereal	Pancakes
Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.	Toasted blueberry bagels with non-dairy spread or cream cheese.	Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.	Homemade pancakes with fresh apples or bananas.	Cereal (Corn Flakes, Multigrain Cheerios, Special K, Rice Krispies) with skimmed milk. Fresh fruit.
Wholewheat wraps with turkey or ham, fresh peppers & cucumbers, cheese, ranch dressing.	Cod nuggets, mashed potato, corn & broccoli.	Tandoori chicken, white rice, cauliflower & peas.	Chicken noodle soup with unsalted crackers.	Turkey chili with beans, peppers, carrots and rice.
Fresh fruit and yoghurt smoothies.	Trail mix (Cheerios, apple crisps, pretzel chips)	Unsalted soda crackers and cheese.	Arrowroot biscuits and unsweetened apple sauce.	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.