

Breakfast

Monday	Toast, butter, Jam or Marmite	Cereal : Cheerios Cornflakes Rice Krispies Weetabix Porridge With fruit	Drinks Milk Water Apple Juice Orange juice Hot Chocolate	Fresh Fruit Daily
Tuesday	Fruit loaf or Brioche with butter	Cereal : Cheerios Cornflakes Rice Krispies Weetabix Porridge With fruit	Drinks Milk Water Apple Juice Orange juice Hot Chocolate	Fresh Fruit Daily
Wednesday	Crumpets, butter and marmite	Cereal : Cheerios Cornflakes Rice Krispies Weetabix Porridge With fruit	Drinks Milk Water Apple Juice Orange juice Hot Chocolate	Fresh Fruit Daily
Thursday	Wholemeal muffins, Scrambled egg	Cereal : Cheerios Cornflakes Rice Krispies Weetabix Porridge With fruit	Drinks Milk Water Apple Juice Orange juice Hot Chocolate	Fresh Fruit Daily
Friday	Spaghetti or beans on toast	Cereal : Cheerios Cornflakes Rice Krispies Weetabix Porridge With fruit	Drinks Milk Water Apple Juice Orange juice Hot Chocolate	Fresh Fruit Daily

After school

Monday	Cheese on toast 2 slices on 50/50 bread Peppers and carrots	Yoghurt Chopped fruit	Water Milk Sugar free squash
Tuesday	Pizza Muffins	Yoghurt Chopped fruit	Water Milk Sugar free squash
Wednesday	Sandwiches Ham or Tuna	Yoghurt Chopped fruit	Water Milk Sugar free squash
Thursday	Pasta with tomato sauce or tuna and sweetcorn	Yoghurt Chopped fruit	Water Milk Sugar free squash
Friday	Wholemeal Pitta, Hummus, mixed chopped veg	Yoghurt Chopped fruit	Water Milk Sugar free squash