

Week 1	Breakfast	Tea-time Snack
Mon	Wholemeal toast with butter <u>Snack:</u> as above	$\frac{1}{2}$ Wholemeal bap with topping Yoghurt
Tue	Choice of Wholegrain Cereal <u>Snack:</u> Breadsticks	Breadsticks with cheese, cucumber and sweet pepper Sugar free jelly pots
Wed	$\frac{1}{2}$ wholemeal roll with butter or low sugar jam <u>Snack:</u> Fresh fruit	Wholemeal sandwich with choice of filling (ham or cheese) banana and apple slices
Thur	Wholemeal toast with butter <u>Snack:</u> carrot and cucumber sticks	$\frac{1}{2}$ wholemeal roll with cucumber & cherry tomatoes, carrot sticks yoghurt
Fri	Choice of Wholegrain Cereal <u>Snack:</u> "Fruity Friday"	Wholemeal toast with butter Fresh fruit

All cereals, jams, spreads are healthy options i.e.: low fat, low sugar, low salt. Drinks provided (milk or water)