

Week 2	Breakfast	Tea-time Snack
Mon	Choice of Wholegrain cereal <u>Snack:</u> Crackers with butter	Crackers with butter cucumber & carrot sticks. Tinned fruit in juice
Tues	$\frac{1}{2}$ Wholemeal roll with butter or low sugar jam <u>Snack:</u> Wholemeal toast	Wholemeal sandwich with ham or cheese Yoghurt
Weds	Wholemeal toast with butter <u>Snack:</u> Breadsticks	Breadsticks, cheese chunks, cucumber & cherry tomatoes Fresh fruit
Thurs	Choice of wholegrain cereal <u>Snack:</u> Wholemeal roll	$\frac{1}{2}$ wholemeal roll & butter with ham or cheese Sugar free jelly pots
Fri	Fruity bread toast <u>Snack:</u> sweet pepper, carrot, cucumber sticks	Tuna sandwiches, carrot & cucumber sticks Melon and grape salad

All cereals, jams, spreads are healthy options i.e.: low fat, low sugar, low salt.

Milk & water are always available. All dietary needs are catered for.