

Week 3	Breakfast	Tea-time Snack
Mon	Crumpet or $\frac{1}{2}$ bread roll with butter/low sugar jam <u>Snack:</u> as above	Wholemeal roll with ham or cheese Yoghurt
Tues	Wholemeal toast with butter <u>Snack:</u> carrot, cucumber, apple slices	Breadsticks with cheese dip, carrot and cucumber sticks Sugar free jelly pots
Weds	Choice of wholegrain cereal <u>Snack:</u> wholemeal toast	Wholemeal sandwich with choice of filling fresh fruit
Thurs	$\frac{1}{2}$ wholemeal roll with butter or low sugar jam <u>Snack:</u> wholemeal toast	Wholemeal toast with beans Melon & grape salad
Fri	Wholemeal toast & butter <u>Snack:</u> wholemeal toast	Bread roll, cheese & cucumber cubes Yoghurt

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.