

Week 4	Breakfast	Tea-time Snack
Mon	Choice of wholegrain cereal <u>Snack:</u> as above	Wholemeal toast with cheese fresh fruit
Tues	$\frac{1}{2}$ wholemeal roll with butter/jam <u>Snack:</u> as above	Breadsticks, carrot and cucumber sticks, hummous/salsa dip yoghurt
Weds	Wholemeal toast with butter, low sugar jam <u>Snack:</u> cucumber, tomato, carrot sticks	$\frac{1}{2}$ Wholemeal roll with Cucumber, tomato or carrot sticks Tinned mandarins in fruit juice
Thurs	Fruity bread or toast <u>Snack:</u> as above	Tuna sandwich with mixed salad yoghurt
Fri	Wholemeal toast & butter <u>Snack:</u> 'Fruity Friday'	Granary roll with ham or cheese and cherry tomatoes Fresh fruit

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.