

WEEKLY MENU

MONDAY

BREAKFAST: cornflakes and milk

SCHOOL SNACK : cheese sandwich and fruit juice

LUNCH: pasta with tomato sauce, vegetables and fruit

AFTERNOON SNACK : fruit salad

DINNER: meat ,salad ,bread and fruit

TUESDAY

BREAKFAST: tea and biscuits

SCHOOL SNACK: pizza and fruit juice

LUNCH: pasta with pesto , vegetables and fruit

AFTERNOON SNACK: yogurt or fruit

DINNER: fish ,salad, bread and fruit

WEDNESDAY

BREAKFAST: milk and a donut

SCHOOL SNACK: ham sandwich and fruit juice

LUNCH: pasta with ham, peas and cream and fruit

AFTERNOON SNACK: biscuits

DINNER: lentils ,bread and fruit

THURSDAY

BREAKFAST:SCHOOL SNACK: fruit salad and yogurt

SCHOOL SNACK:biscuits and fruit juice

LUNCH: pasta with tuna and tomato sauce, vegetables , and fruit

AFTERNOON SNACK: dried fruit

DINNER: bean soup ,toasted bread and fruit

FRIDAY

BREAKFAST: milk and biscuits

SCHOOL SNACK: crackers and fruit juice

LUNCH: pasta with tomato sauce, vegetables and fruit

AFTERNOON SNACK: a slice of bread with olive oil

DINNER :Fish, boiled vegetables ,bread and fruit.

SATURDAY

BREAKFAST: cereal with milk and orange juice

LUNCH: pasta with mozzarella and cherry tomatoes, fruit

AFTERNOON SNACK: jam tart

DINNER: pizza ,chips and fruit salad

SUNDAY

BREAKFAST: milk and biscuits

LUNCH: Pasta (lasagne), meat ,salad and fruit

AFTERNOON SNACK: fruit salad

DINNER: eggs, salad ,bread and fruit.