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| WEEK 1  | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM  | Wraps, butter and marmalade, cheese, pepper and banana | MuffinsJam or MarmiteGrapes and cucumber | Pitta breadJam or cheese spreadCarrots and pears | Sandwichcheese or marmaladeSugar snap peasand oranges | Free choice Friday(A choice of a carbohydrate with fruit and veg) |
| PM | Pitta bread with butter and jam, cheese,Banana and pepper | Crumpets butter and marmiteMixed vegetables and oranges | WrapsButter and cheeseCucumber and apples | MuffinsButter or marmiteSugar snap peas and pears | Free choice Friday(A choice of a carbohydrate with fruit and veg) |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM | CrackersMarmalade or jamSweetcorn and pears | Rice cakes, butter and marmitePineapple carrots | BreadsticksCheese spreadPeppers mango |  Wrapswith cheese or jamFruit cocktail | Free choice Friday(A choice of a carbohydrate with fruit and veg) |
| PM | WrapsHoney or marmiteMango and apricots | Pitta breadMixed veg and apple | Crackers with butter and jamMix vegRed berries | Toast, butter and marmaladeSweetcornpineapple | Free choice Friday(A choice of a carbohydrate with fruit and veg) |