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| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM | Wraps, butter and marmalade, cheese, pepper and banana | Muffins  Jam or Marmite  Grapes and cucumber | Pitta bread  Jam or cheese spread  Carrots and pears | Sandwich  cheese or marmalade  Sugar snap peas  and 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 marmite  Mixed vegetables and oranges | Wraps  Butter and cheese  Cucumber and apples | Muffins  Butter or marmite  Sugar 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 | Crackers  Marmalade or jam  Sweetcorn and pears | Rice cakes, butter and marmite  Pineapple  carrots | Breadsticks  Cheese spread  Peppers  mango | Wraps  with cheese or jam  Fruit cocktail | Free choice Friday  (A choice of a carbohydrate with fruit and veg) |
| PM | Wraps  Honey or marmite  Mango and apricots | Pitta bread  Mixed veg and apple | Crackers with butter and jam  Mix veg  Red berries | Toast, butter and marmalade  Sweetcorn  pineapple | Free choice Friday  (A choice of a carbohydrate with fruit and veg) |