



From Sarah's Kitchen...

Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Apples Biscuits	Pineapple Biscuits	Bananas Biscuits	Pears Biscuits	Satsumas Biscuits
LUNCH	Vegetable Risotto	Chicken Enchiladas Spicy Brown Rice	Roasted Vegetable Pesto Whole Pasta	Beef & Vegetable Burgers with Potato Wedges	Cod & Chorizo Stew
	Yoghurt Contains: Dairy	Chocolate Orange Trifle	Jelly	Scones	Fruit Salad
SNACK	Blueberries Cream Crackers	Sugar Snap Peas Oatcakes	Melon Cheese Thins	Houmous Breadsticks	Raisins Rice Cakes
TEA	Quiche Lorraine	Cheese & Tomato Potato Boats	Tuna Mayo & Sweetcorn Wraps	Cream Cheese & Ham Bagels	Chicken Nuggets & Spaghetti Hoops
	Cupcakes	Watermelon	Yoghurt	Sorbet	Apple Strudel Parcels