

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk
Snack	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Lunch	Beef patties with mashed vegetables	Couscous with Curried Fish and mixed peppers	Pureed Minestrone Soup with Orzo pasta	Butternut squash and Chickpea tagine with rice	Theme Day - Maltese Baked Macaroni with a creamy ragu
Dessert	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree
Afternoon Snack	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk
Dinner	Tomato Soup with toasted wheat bread	White rolls with beef slices and tomatoes	Potato wedges with homeade baked beans in salsa	Carrot and cucumber sticks with lemon and coriander avocado dip	Pumpkin/Butternut Squash Soup with wholegrain rice cakes
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk
Snack	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Lunch	Lamb mince with vegetables and rice	Fish Pie with potatoes and mixed vegetables	Vegetarian Pizza	Chickpea and Coriander Patties with mashed potatoes	Theme Day - Israeli Tabbouleh - Bulgar wheat salad with tomatoes and cucumber
Dessert	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree
Afternoon Snack	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk
Dinner	Pitta bread with yoghurt hummus	Pea soup with crusty bread	Rye Crispbread with a creamy artichoke spread	Sweet potato and carrot soup	Crumpets with cream cheese

Please refer to Menu Calendar to check for the relevant week number.

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk
Snack	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Lunch	Chicken with spinach and mixed peppers quinoa	Sauteed fish with potato wedges, tomatoes and olives	Vegan spaghetti bolognese	Risotto rice with mixed vegetables	Theme Day - Greek Moussaka - lamb with potatoes and aubergines
Dessert	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree
Afternoon Snack	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk
Dinner	Tomato Soup with toasted wheat bread	White rolls with beef slices and tomatoes	Potato wedges with homeade baked beans in salsa	Carrot and cucumber sticks with lemon and coriander avocado dip	Pumpkin Soup with wholegrain rice cakes
<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk	Oat, wheat, corn or rice cereals served with warm Organic Milk
Snack	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Lunch	Spinach, sweet potato and lentil dhal	Penne with tomatoes, artichokes, olives and garlic.	Chicken meatballs with couscous	Seafood tagine with rice	Theme Day - Hungarian Beef Goulash with pasta swirls
Dessert	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree	Fromage Frais, Plain Yoghurt or Fruit puree
Afternoon Snack	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk	Crackers, Oatcakes or Crackerbread served with milk
Dinner	Pitta bread with yoghurt hummus	Pea soup with crusty bread	Rye Crispbread with a creamy artichoke spread	Sweet potato and carrot soup	Crumpets with cream cheese

Please refer to Menu Calendar to check for the relevant week number.