

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
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 Plain yoghurt or fruit puree	Couscous with Curried Fish and mixed peppers Plain yoghurt or fruit puree	Pureed Minestrone Soup with Orzo pasta Plain yoghurt or fruit puree	Butternut squash and Chickpea tagine with rice Plain yoghurt or fruit puree	Theme Day - Maltese Baked Macaroni with a creamy ragu 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 homemade baked beans in salsa	Carrot and cucumber sticks with lemon and coriander avocado dip	Pumpkin/Butternut Squash Soup with wholegrain rice cakes
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
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 Plain yoghurt or fruit puree	Vegetarian Pizza Plain yoghurt or fruit puree	Chickpea and Coriander Patties with mashed potatoes Plain yoghurt or fruit puree	Theme Day - Israeli Tabbouleh - Bulgur wheat salad with tomatoes and cucumber 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.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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 Plain yoghurt or fruit puree	Sauteed fish with potato wedges, tomatoes and olives Plain yoghurt or fruit puree	Vegan spaghetti bolognese Plain yoghurt or fruit puree	Risotto rice with mixed vegetables Plain yoghurt or fruit puree	Theme Day - Greek Moussaka - lamb with potatoes and aubergines 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
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
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 Plain yoghurt or fruit puree	Penne with tomatoes, artichokes, olives and garlic. Plain yoghurt or fruit puree	Chicken meatballs with couscous Plain yoghurt or fruit puree	Seafood tagine with rice Plain yoghurt or fruit puree	Theme Day - Hungarian Beef Goulash with pasta swirls 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

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