

Week 2

Winter 2020/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Whole Grain Cereal Mix *Seasonal Fruit *Water	*Whole Grain Crackers * Seasonal Fruit * Water	*Applesauce *Bran Buds *Water	*Yogurt cones *Seasonal fruit *Water	*Toasted Raisin Bread *Seasonal Fruit *Water
LUNCH	*Macaroni and Cheese with Peas and Carrots *Bean Salad *Milk *Seasonal Fruit	*Green Lentil and Sweet Potato Curry *WW Couscous *Milk *Seasonal Fruit	*Oven Scrambled Eggs *Pasta and Bean Salad *Cucumbers *Milk	* Coconut Chicken Curry *Brown Rice *Cooked peas and carrots *Milk *Seasonal Fruit	*Salmon Casserole (with Spinach and Carrots) *Garden Salad *Milk *Seasonal fruit
PM SNACK	*Boiled eggs with toasted WW pita edges *Seasonal Fruit *Milk	*WW Bagels with No Nut Butter *Seasonal fruit *Milk	*Rice Cakes with cream cheese *Seasonal Fruit *Milk	*WW Zucchini Bread *Seasonal Fruit *Water	*Rice Crackers *Seasonal Fruit *Milk
Condiments Max 1 tbsp per child	AM – Lunch- PM-	AM – Lunch- PM –	AM – Lunch – PM	AM – Lunch- PM -	AM – Lunch- PM -