





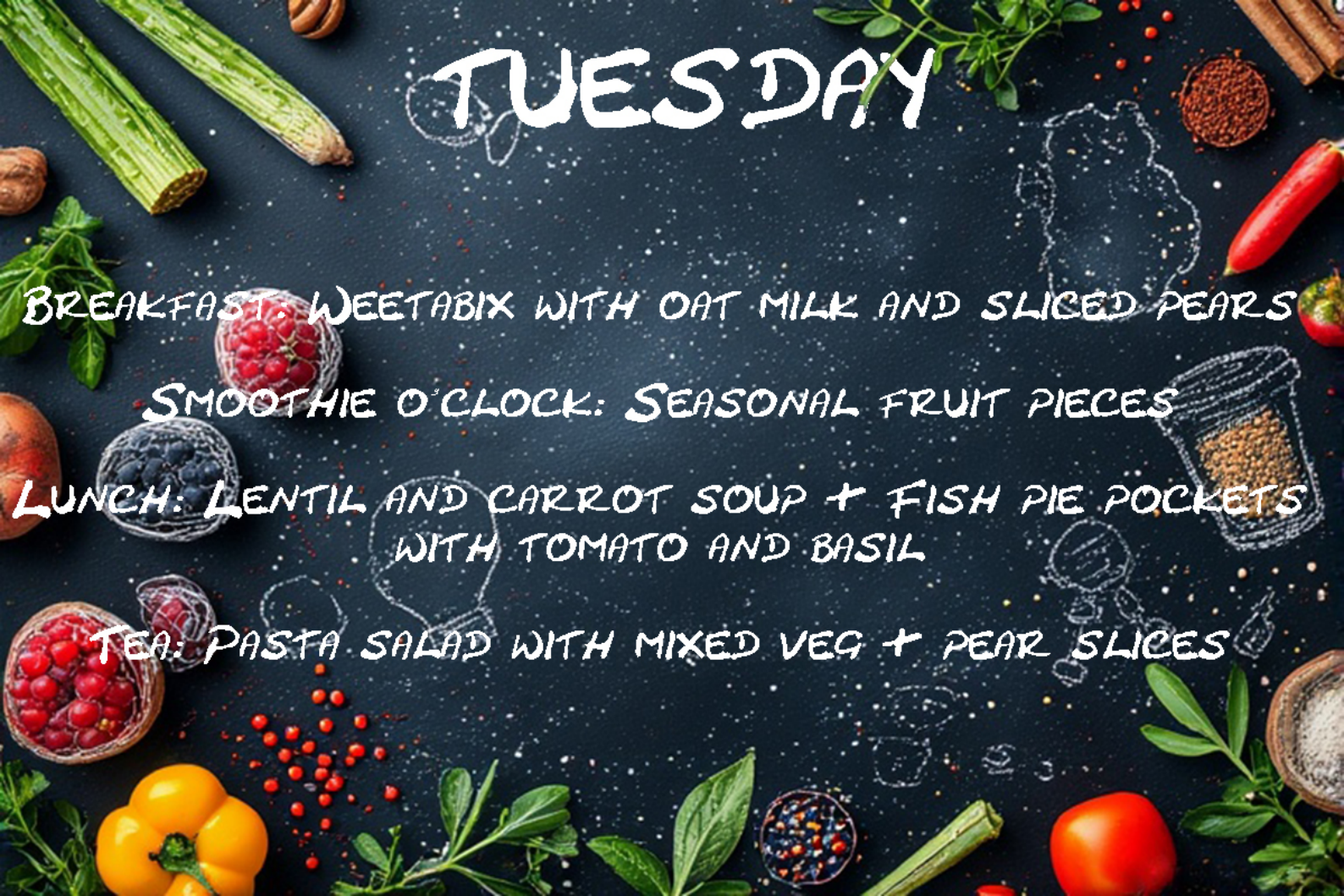
MONDAY

BREAKFAST: PORRIDGE WITH OAT MILK AND BANANA SLICES WITH MAPLE SYRUP

SMOOTHIE O'CLOCK: FRESH APPLE/PEAR/ORANGE OR APPLE AND BERRY SMOOTHIE

LUNCH: VEGETABLE SOUP + CHICKEN AND VEGETABLE CASSEROLE WITH BROWN RICE

TEA: SANDWICH TRIANGLES WITH DAIRY-FREE CREAM CHEESE AND APPLE SLICES



TUESDAY

BREAKFAST: WEETABIX WITH OAT MILK AND SLICED PEARS

SMOOTHIE O'CLOCK: SEASONAL FRUIT PIECES

LUNCH: LENTIL AND CARROT SOUP + FISH PIE POCKETS
WITH TOMATO AND BASIL

TEA: PASTA SALAD WITH MIXED VEG + PEAR SLICES

WEDNESDAY

BREAKFAST: SCRAMBLED EGGS ON WHOLEMEAL TOAST

SMOOTHIE O'CLOCK: SMOOTHIE (MANGO + SPINACH)
FRESH FRUIT PIECES

LUNCH: TOMATO SOUP + BEEF OR BEAN BOLOGNESE WITH
PASTA

TEA: WHOLEMEAL TOAST WITH HUMMUS/HAM SANDWICHES +
FRUIT SALAD





THURSDAY

BREAKFAST: WEETABIX WITH CHIA AND BERRIES WITH OAT MILK

SMOOTHIE O'CLOCK: BANANA PIECES OR FRUIT SMOOTHIE

LUNCH: PEA SOUP + TURKEY AND VEG WRAPS

TEA: MINI WRAPS WITH TUNA MAYO + DAIRY-FREE YOGURT



FRIDAY

BREAKFAST: SCRAMBLED EGGS
ON WHOLEMEAL TOAST

SMOOTHIE O'CLOCK: FRESH
MELON AND BANANA PIECES

LUNCH: BUTTERNUT SQUASH
SOUP + BAKED POTATOES WITH
TOPPINGS: BEANS/TUNA/CHEESE

TEA: HOT SANDWICHES (HAM + CHEESE/
CHEESE + TOMATO) + BANANA BREAD