

## WEEK 1

MONDAY - Toast with spread & Apple Slices

TUESDAY - Crudites & Tomato Dip

WEDNESDAY - Tomato pasta salad

THURSDAY - Cheese Sticks With Fruit slices

FRIDAY - Pitta Fingers, Fresh Tomato &

Cucumber Slices

## WEEK 2

MONDAY - Wholemeal Toast with spread & Orange Slices

TUESDAY- Cheese & Tomato Toasted Pitta
WEDNESDAY - Tomato Pasta Salad
THURSDAY - Pitta Fingers, Cucumber & Carrot
Sticks

FRIDAY - Yoghurt & Melon Slices

## WEEK 3

MONDAY - Cheese Sticks, Cucumber & Tomato Wedges

TUESDAY - Tomato Pasta Salad WEDNESDAY - Egg mayo & Toasted Wholemeal Soldiers

THURSDAY - Banana topped pitta (dip available as an alternative)

FRIDAY - Cheese on Wholemeal Toast & Homemade Tomato sauce