

| Time | Monday | Tuesday | Wednesday | Thursday |
|-----------|---------------------|--|--|---|
| Breakfast | baul of porridge | natural yogurt with fruit eg: apple blueberry strawberry | Scrambled egg with wholemeal bread | semi-skimmed milk with bran flakes |
| Snack | Slice malt loaf | apple witho sugar snap peas | chopped veg with low fat hummus | crackers and low fat cheese |
| Lunch | Pasta salad | Sardines sardines on toast | Salad with tuna... Spinich, tomatoes, cucumber, little gem | Vegetable lasagne |
| Snack | crumpet | Plain rice cakes | scotch pancake | fresh or tinned fruit in fruit juice |
| Dinner | chicken satay salad | Pork souvlaki with Quinoa | nuttty chicken satay strips | Prawn and tomato harissa spaghetti |