

Weekly Menus

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| DAYSWeek 1 | Fruit & Vegetables | Carbohydrates | Protein | Milk and dairy |
|  |  |  |  |  |  |
| Monday | Cherry tomatoes & Bananas | Wholegrain Crackers |  | Milk & Greek Yoghurt |  |
| Tuesday | Carrot Sticks & Apple Slices | Breadsticks | Homemade Mackerel Pate | Milk |  |
| Wednesday | Broccoli & Oranges | Pitta bread |  | Milk & Cheese Cubes |  |
| Thursday | Kiwi & Red and Yellow Peppers | Rice Cakes | Homemade Hummus | Milk |  |
| Friday | Cucumber & Sliced Grapes | Crumpets | Homemade Salsa Dip | Milk & Natural Yoghurt |  |

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| DAYSWeek 2 | Fruit & Vegetables | Carbohydrates | Protein | Milk and dairy |
|  |  |  |  |  |  |
| Monday | Baby Sweetcorn & Pear Halves | Wraps | Homemade Hummus | Milk & Grated Cheese |  |
| Tuesday | Bananas & Sugar Snap Peas | Bagels |  | Milk & Cream Cheese |  |
| Wednesday | Cucumber Sticks & Pear Halves | Melba Toast | Boiled Eggs | Milk |  |
| Thursday | Oranges & Mange Tout | Breadsticks | Guacamole | Milk |  |
| Friday | Red Grapes & Cabbage | Rice Cakes |  | Milk & Natural Yoghurt |  |