

JAN	Monday	Tuesday	Wednesday	Thursday
week 1	7 Spaghetti bolognaise Vegetable sticks Piece of fruit	8 Fish fingers with rice vegetable sticks Piece of fruit	9 Omelette with chips and salad Crêpe	10 Noodle stir fry with chicken and vegetables piece of fruit
week 2	14 Macaroni and cheese Vegetable sticks Piece of fruit	15 Burger and vegetable sticks Piece of fruit	16 Margarita pizza Vegetable sticks Piece of fruit	17 Chicken franks, potato and vegetable gratin Ice cream
week 3	21 Pasta with tomato sauce and cheese Vegetable sticks Piece of fruit	22 Meatballs and vegetable couscous Piece of fruit		24 hot dog and vegetable sticks Cupcake
week 4	28 Vegetarian lasagna Piece of fruit	29 Chili con carne (not spicy) with rice Piece of fruit	30 Margarita pizza Vegetable sticks Ice cream	31 Spaghetti bolognaise Vegetable sticks Piece of fruit