

SAMPLE MENU FOR WEEK 1

Breakfast :

Cereal (Rice Crispies, Corn Flakes, Weetabix)
Porridge
Toast
Fresh fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Carrots	Cucumber	Fresh fruit	Yoghurt	Fresh fruit
	Water/Milk	Milk/Water	Milk/Water	Milk/Water	Water/Milk
Lunch	Jollof Rice with corn beef and Salad	Fried Plantain and beans with chicken and vegetables	Chick Peas and pasta and spinach	Lamb and broccoli / boiled carrots and potatoes	Lentil with rice and cheese and spinach
Dessert	Fruit cocktail	Custard	Angel delight	Rice pudding	Jelly
Tea	Tomato soup with toast	Cheese Sandwiches and salad	Beans on toast	Spaghetti hoops and fish fingers	Chicken sandwiches and vegetables
	Yogurt	Yoghurt	Fresh Fruit	Fresh fruit	Fresh fruits
Evening Snack	Milk and pancake	Fresh fruits & milk	Crackers & water/milk	Pancake & milk	Crackers & milk

Vegetarian alternatives available