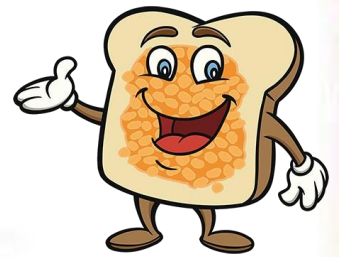


# **M** **SAMPLE**



**MONDAY**

**Snack:** Carrots and Pears

**Tea :** Sandwiches, Salad and Donuts

**TUESDAY**

**Snack:** Melon and Apple

**Tea:** Wraps and Yoghurt

**WEDNESDAY**

**Snack:** Bananas and Plums

**Tea:** Toasties, Salad and Mousse

**THURSDAY**

**Snack:** Pears and Apples

**Tea:** Hotdogs, carrot and pepper sticks and  
Ice Cream

**FRIDAY**

**Snack:** Sultanas and Bananas

**Tea:** Beans on Toast and Cake

*Choice of sandwich / wrap / toastie fillings:*

\* Tuna and Mayo \* Cheese \* Ham \* Chicken \*