

Week 3	Breakfast	Snack Little Stars	Snack Big & Super	Lunch	Tea
Monday 	Cereal Toast	Melon Breadsticks	Melon Strawberries	Cheese & Onion Pie & Beans <i>Ice Cream</i>	Chicken Sandwiches with tomatoes and scotch egg
Ingredients	Pie: Shortcrust pastry, cheese, onion, egg, olive oil.				
Method	Pie: Cook onion off in a little water. Roll out pastry. Add cheese and onion. Put lid on and brush with egg. Bake 50 minutes.				
Tuesday 	Cereal Toast	Pineapple Rice cakes	Pineapple Apple	<i>Pasta bake</i> <i>Bananas.</i>	Bagels With cream cheese and cucumber
Ingredients	Pasta bake olive oil, onions, garlic, tinned tomatoes, tomato puree, veg stock, mixed herbs, water Cheese.				
Method	Fry onions and garlic in olive oil, add tomato puree and chopped tomatoes. Blitz until smooth then add mixed herbs and enough water to make a smooth sauce. Pour half over the drained pasta place in a baking dish, cover with the rest of the sauce, sprinkle over the cheese and bake until cheese has melted and is bubbling				
Wednesday 	Cereal Toast	Bananas Breadsticks	Bananas Grapes	<i>Chicken Casserole</i> <i>Apples</i>	Fruit loaf with berries and sausage rolls
Ingredients	Chicken Casserole. onions, carrots, chicken, peas, diced potatoes, mixed herbs, gravy granules, olive oil, water, and veg stock.				
Method	Fry off onions carrots in the olive oil. add the veg stock and water and the diced potatoes cook until the potatoes are soft, add the cooked chicken pieces, peas and mixed herbs. Heat through then add the gravy granules to thicken				
Thursday 	Cereal	Melon Rice cakes	Melon Pears	<i>Leek and potato soup with cheese and carrot muffins</i> <i>Cupcakes</i>	Rice cakes with ham and tomatoes
Ingredients	Leek & Potato soup: Leeks, Potatoes, Vegetable Stock, Salt, Pepper, Butter, Milk.				
Method	Leek and Potato soup: Melt butter, fry off leeks (gently). Add potatoes, stock, salt, pepper. Blend smooth once cooked. Add milk. Carrot Muffins - Cheese, Grated carrot, self-raising flour, olive oil, milk, eggs. Mix all the ingredients in a bowl, put a one spoonful into an oiled muffin pan. Bake for 25 minutes.				
Friday 	Cereal	Pineapple Breadsticks	Pineapple Oranges	Chicken Dinner with vegetables, potatoes and gravy <i>Angel Delight</i>	Digestive biscuits with sliced cheese and cucumber
Ingredients	Chicken dinner: Chicken fillets, potatoes, cauliflower, broccoli, gravy.				
Method	Chicken dinner: Bake chicken fillets 45 mins. Part boil potatoes and drain. Pour over oil and roast for 1 hr. Cook broccoli and cauliflower in boiling water. Make up gravy with hot water. Angel delight: Angel delight, milk. Angel delight: Whisk angel delight with milk. Pour into serving bowl.				