



Weekly Lunch Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starchy Foods	Crackers	Bread	Bagel	Pitta	Bread Sticks
Non-Dairy Protein	Roast Chicken	Ham	Roast Chicken	Tuna	Boiled Egg
Dairy	Natural Yoghurt	Cheddar Cheese	Cream Cheese Natural Yoghurt	Babybel Cheese	Cream Cheese
Vegetable	Carrots Peas (in pods)	Tomato Cucumber	Cucumber Cherry Tomatoes	Sweet corn Yellow Pepper	Yellow Pepper Carrot
Fruit	Melon	Blackberries	Blueberries	Grapes	Apple
Notes	Shred the chicken and serve this lunch as an assortment of finger foods	Make a cheese and tomato sandwich, roll the ham into 'sausages'	Split and fill the bagel with cream cheese, chicken and cucumber	Mix tuna and sweet corn with a little mayo and use to fill the pitta bread	Cut the vegetables into strips and serve the cream cheese as a dip