

## A balanced selection of carbohydrates, protein, fresh fruits and vegetables.

|  | $\begin{aligned} & i---------2 \\ & i \text { MONDAY } \\ & i \end{aligned}$ | 1 |  |  | 1 |  |  | 1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  | 1 | 1 |  | 1 | 1 |  | 1 |
| I |  | 1 | I | Cheese sandwich, | 1 |  |  | 1 |
| I | Ham sandwich, cheese | 1 | 1 | Cheese sandwich, | 1 | 1 | Tuna mayo wrap, plain | 1 |
| 1 | triangle, salad and sliced | 1 | 1 | tomato pasta, salad and | 1 | 1 | pasta, salad and sliced | I |
| 1 | fruit | I | 1 | sliced fruit | I | 1 | fruit | I |
| 1 |  | 1 | I |  | I | 1 |  | I |
| 1 | Pudding of the day | 1 | 1 | Pudding of the day | 1 | 1 | Pudding of the day | 1 |
| I |  | I | I |  | 1 | 1 |  | 1 |
| 1 |  | I | 1 |  | 1 | 1 |  | 1 |
| 1 |  | I | 1 |  | I | I |  | I |
| 1 |  | I | 1 |  | I | 1 |  | 1 |
| 1 |  | I | 1 |  | I | 1 |  | I |




