

	Monday	Tuesday	Wednesday	Thursday
Week 1	Pasta Bake & Salad	Spaghetti on toast	Cheese or tuna Tortilla Wraps with salad	Potato waffles with spaghetti hoops and salad
Week 2	Toasted Bagels with cream cheese	Jacket Potatoes with cheese, beans and salad	Waffles with yogurt and fruit	Flatbreads with dips and salad
Week 3	Sandwiches filled with cheese, tuna mayonnaise, jam or honey	Pizza and salad	Jacket Potatoes with cheese, beans and salad	Cheese toasties with salad

Friday

Cereal and
toast

Cereal and
toast

Cereal and
toast