

Earlybird Summer Menu

Custodian Training: Module 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Crispies/Weetbix	Corn Flakes	Weetbix	Eggy Bread/Oats	Rice Crispies
Morning Snack (suggested)	Popcorn & Watermelon	Yoghurt & Mango	Almonds & Berries	Carrots & Raisins	Wholewheat Biscuits
Lunch W1	Macaroni Cheesse Butternut with chicken	Chicken Nuggets and Potato salad	Lamb Stir-fry w/ Peppers & Green Beans	Spaghetti Spiders & Carrots	Pizza with cucumber and baby tomatoes
Lunch W2	Tuna Pasta & Peas	Chicken Strips, Potato Wedges & Carrots	Spaghetti Bolognaise (Soya mince)	Egg fried rice and vegetables	Pizza with cucumber and baby tomatoes
Afternoon Snack (suggested)	Cheese & Crackers with Apple	Banana & Almonds	Popcorn & Watermelon	Rice Cakes & Cream Cheese	Yoghurt & Mango

