

# Little Wiglets

## Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Weetabix *Banana Juice/Water	*Porridge *Pear Juice/Water	Rice Crispies *Fruit Juice/Water	Toast & Jam *Fruit Juice/Water	Cereals *Fruit Juice/Water
<b>Snack</b>	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks
<b>Lunch</b>	Beans on Toast Yoghurt & *Fruit Juice/Water	Spaghetti Hoops on Toast Yoghurt & *Fruit Juice/Water	Cheese spread/jam sandwiches Yoghurt & Fruit Juice/Water	*Scrambled Egg on Toast Yoghurt & *Fruit Juice/Water	Mini Pitta with Cheese & Mayo Yoghurt & *Fruit Juice/Water
<b>Snack</b>	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks	Milk/Water *Fruit/ *Breadsticks
<b>Tea</b>	*Cottage Pie *Vegetables *Fruit Pudding Juice/Water	*Pasta shapes and *sauce Sponge & Custard Juice/Water	*Chicken Casserole & *Rice Fruit Custard Juice/Water	Cheesy Bean & Ham *Jacket Potato *Fruit & Ice Cream	Cod, *Roasted Veg & *CousCous Fruit Jelly Juice/Water

NB. All meals are accompanied with a variety of finger foods, including cheese portions, \*cherry tomatoes, pitted green olives, \*cucumber, \*fruit, \*broccoli, \*cauliflower, \*green beans, peas, sweetcorn. All toast, bread, pitta and pasta is wholemeal/whole-wheat. \* = Organic