

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Soft-Boiled Eggs with Soldiers and vegetable sticks p.67	Get Up and Go Muesli (p. 64) or Bircher Muesli (p.53) with fresh fruit and yogurt/ milk	Iron-rich porridge with yogurt/ milk p. 41	Get Up and Go Muesli (p. 64) or Bircher Muesli (p.53) with fresh fruit and yogurt/ milk	French Toast Fingers with honey and banana p. 71
MORNING SNACK	Rice or corn thins with avocado	Walnut Cookie p. 95	Chewy Apricot Muesli Bar (sugar-free) p.93	Rice or corn thins with cottage cheese	Energy Smoothie p.73
LUNCH	Sandwich or tortilla wraps with tuna, mayonnaise and lettuce	Red lentil soup with toast p. 55	Boosted Baked Beans on whole-grain toast p.72	Toastie cheese sandwich with grated carrot, spinach and chutney p.90	Savoury Couscous with raisins, vegetables and toasted sunflower seeds (omit for under 3 years) p.87
AFTERNOON SNACK	Energy Smoothie p. 73	Whole-grain crackers with cheese and tomato	Celery sticks with peanut butter or cottage cheese	Carrot sticks with hummus	Yogurt with Fresh Fruit
DINNER	Pasta with Bolognese Sauce (use rice noodles for wheat-free option) p. 56	Vegetable Frittata (p. 113) with lettuce salad and Honey Mustard dressing (p. 93)	Comforting Risotto with seasonal vegetables p. 111	Chicken Burgers with lettuce, tomato and whole-grain burger buns	Fresh Fish Fingers and Roastie Chips p.121
DESSERT (optional)	Fresh fruit with yogurt	Sweet Coconut Rice Pudding p.135	Crunchy Yogurt & Berry Sundae p. 130	Winter Fruit Crumble with yogurt p. 133	Whole Fruit Ice Block p.100