

## WEEK 1

	MORNING TEA	LUNCH	AFTERNOON TEA
M	FRUIT & VEG PLATTER CHEESE & CRACKERS	SANDWICHES	CARROT & BANANA MUFFINS WITH FRUIT
T	SMOOTHIES & VEG PLATTER	MEATBALLS WITH GREEN QUINOA SALAD	APPLE TRAY BAKE
W	FRUIT & VEG PLATTER WITH DIPS	TUNA BAKE WITH CRUNCHY GREEN SALAD	BEETROOT & DATE SLICE
TH	FRUIT & YOGHURT	THAI BEEF NOODLE SALAD	PIZZA SCROLLS
F	FRUIT & VEG PLATTER CHEESE & CRACKERS	STICKY HONEY SOY CHICKEN WITH BROWN RICE	LEMON COCONUT SLICE

## WEEK 2

	MORNING TEA	LUNCH	AFTERNOON TEA
M	SMOOTHIES & VEG PLATTER	BEEF & LENTIL COCONUT CURRY & BROWN RICE	BLUEBERRY TEA CAKE
T	FRUIT & VEG PLATTER WITH DIPS	SANDWICHES (V)	STRAWBERRY MUFFINS & FRUIT
W	FRUIT & YOGHURT	APRICOT CHICKEN & RICE	VEG PIKELETS & FRUIT
TH	FRUIT & VEG PLATTER CHEESE & CRACKERS	TUNA JACKET POTATO & SALAD	APPLE & CINNAMON BLISS BALLS
F	FRUIT & VEG FRITTERS	SAN CHOY BOW	BANANA BREAD

## WEEK 3

	MORNING TEA	LUNCH	AFTERNOON TEA
M	FRUIT & PIKELETS	MEATLOAF & ROASTED VEGETABLES	VEGGIE BREAD & FRUIT
T	FRUIT & VEG PLATTER CHEESE & CRACKERS	VEGETABLE NUGGETS WITH PESTO PASTA	CARROT CUPCAKES
W	SMOOTHIE BOWLS & VEG	SANDWICHES (CHICKEN)	APPLE & CINNAMON MUFFINS
TH	FRUIT & VEG PLATTER WITH DIPS	BEEF & BEETROOT BOLOGNAISE	OAT COOKIES & CHIA JAM WITH FRUIT & CHEESE
W TF	FRUIT & YOGHURT	TUNA BAKE & RAINBOW SLAW	CRANBERRY CHOC BLISS BALLS & FRUIT



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## WEEK 4

	MORNING TEA	LUNCH	AFTERNOON TEA
M	FRUIT & CUSTARD	BEEF FRIED RICE	ZUCCHINI BREAD
T	FRUIT & VEG PLATTER WITH DIPS	BEEF & POLENTA PIE	MINI BLUEBERRY CHEESECAKES
W	FRUIT & YOGHURT	CAULIFLOWER PASTA	PEAR & APRICOT MUFFINS
TH	FRUIT & VEG PLATTER WITH CHEESE & CRACKERS	SANDWICHES (F)	CARROT & DATE SLICE
F	SMOOTHIES & VEG PLATTER	CHICKEN COUSCOUS SALAD	STRAWBERRY COCONUT SLICE

## WEEK 5

	MORNING TEA	LUNCH	AFTERNOON TEA
M	F&V PLATTER WITH DIPS	TUNA LEEK & ROAST PUMPKIN RISOTTO	BANANA & OAT SLICE
T	FRUIT & CHOCOLATE CUSTARD	CHILLI CON CARNE	DATE & SEED BALLS WITH VEGGIE STICKS
W	FRUIT & VEG PLATTER CHEESE & CRACKERS	CRUNCHY THAI CHICKEN SALAD	FRUIT SCROLLS
TH	SMOOTHIES & VEGG PLATTER	MEATBALLS MASH & GREENS	PUFFED MILLET BARS
F	FRUIT & YOGHURT	SANDWICHES (V)	PEACH & VANILLA MUFFINS

## WEEK 6

	MORNING TEA	LUNCH	AFTERNOON TEA
M	FRUIT & COCONUT CUSTARD	BEEF STROGANOFF WITH PASTA	GINGERBREAD BLISS BALLS
T	SMOOTHIES & VEG PLATTER	FISH PIE & SALAD	BERRY & APPLE BREAD
W	FRUIT & VEG PLATTER WITH DIPS	THAI VEGGIES WITH SOBA NOODLES	SWEET PUMPKIN SLICE
TH	FRUIT & YOGHURT	SWEET & SOUR BEEF WITH BROWN RICE	CRUMBLE & YOGHURT
F	FRUIT & VEG PLATTER CHEESE & CRACKERS	CHICKEN KALE PESTO PASTA	BLUEBERRY SCONES

