

# WEEKLY MENU

## WEEK 1

### MONDAY

SANDWICHES WITH A CHOICE OF HAM/CHEESE/TUNA OR CHICKEN WITH NACHO'S  
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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### TUESDAY

WRAPS WITH CHICKEN NUGGETS AND LETTUCE  
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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### WEDNESDAY

SAUSAGE ROLL OR CHEESE ROLL WITH CRACKERS/HAM OR CHEESE  
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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### THURSDAY

BAGELS WITH A CHOICE OF CHEESE/HAM OR CHICKEN  
FRESH FRUIT & CRUDITÉS AND HUMMUS

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### FRIDAY

PIZZA  
FRESH FRUIT & CRUDITÉS AND HUMMUS

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ALL SPECIAL DIETARY REQUIREMENTS CATERED FOR, AND AN ALTERNATIVE CHOICE  
OF CRACKERS IS OFFERED DAILY.  
REFRESHMENTS AVAILABLE THROUGHOUT THE SESSIONS.

