

	BREAKFAST	LUNCH	DINNER
MON	Omelette 2 eggs Sliced cherry tomato 2 slices ham, shredded	Beans on toast 2 slices of wholegrain toast (HeB) 1/2 tin of beans Sliced apple	Roast Chicken, Potatoes and Veg Chicken Fillet 1/2 tin baby potatoes Sliced steamed carrot 2 tbsp (20ml) Light Caesar Dressing (1 syn)
TUES	Beans on Toast, & Fruit 1/2 tin beans on slice of wholegrain toast (HeB) 1 Apple	Egg and Ham Salad 2 eggs, boiled and halved 2 Slices ham 50g Spinach Leaves 2 tbsp (20ml) Light Caesar Dressing (1 syn)	Chicken Curry Chicken Curry with Vegetables - (6 syns) Slice of brown bread(1/2 HeB)
WED	Boiled eggs and tomato 2 X Eggs, boiled Sliced tomato	Open Chicken Sandwich 2 slices bread 2 tbsp (20ml) Light Caesar Dressing (1 syn) 1/2 Fillet of chicken, cooked and shredded Sliced cherry tomatoes	Spaghetti Bolognese Tinned Spaghetti Bolognese (4 syns) Added sliced carrot 40g Reduced Fat Mature Cheddar (HeA)
THURS	Porridge 40g oats, made up with water (HeB)	Chicken Salad 1 fillet chicken, shredded Cherry tomatoes, sliced, 50g Spinach 2 tbsp (20ml) Light Caesar Dressing (1 syn)	Crustless Quiche 3 eggs Cherry tomatoes, sliced 40g Reduced Fat Mature Cheddar (HeA) 1/2 tin New potatoes to serve
FRI	Porridge with fruit 40g oats with water (HeB) 1 Apple	Spaghetti hoops with Potatoes and carrots 1/2 tin Spaghetti Hoops (half syn) 1/2 tin New potatoes, microwaved Carrot sticks	Savoury Muffins 2 slices Ham 2 Eggs 50g Spinach 40g Reduced Fat Mature Cheddar (HeA)
SAT	Poached eggs and ham 2 Poached Eggs and 2 ham slices	Open Tuna Sandwich 2 wholegrain bread 1 can Tuna Sliced Cherry tomato 2 tbsp (20ml) Light Caesar Dressing (1 syn)	Grilled Chicken Dinner Grilled Chicken Fillet 1/2 tin spaghetti hoops (half syn) Steamed carrots
SUN	Oat Pancakes & Fruit 40g Oats(HeB) 1 Egg Sliced Apple	Cheesy Chicken Omelette 1 egg 40g reduced fat cheddar (HeA) 1/2 Fillet of chicken, cooked and shredded	Veggie Pasta Tomato And Onion Pasta'n'sauce (2 syns) Added 50g Spinach

