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| Meal Samples | |
| Breakfast | [Image result for weetabix](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwigndKalZPgAhVG1-AKHThwBRAQjRx6BAgBEAU&url=https%3A%2F%2Fwww.cips.org%2Fen%2Fsupply-management%2Fnews%2F2017%2Foctober%2Fnew-weetabix-supply-chain-chief-sets-out-vision%2F&psig=AOvVaw2JwLoSelkqlDkYP14qPKTd&ust=1548857293081347)[Image result for porridge](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwitqtq_lZPgAhXM8uAKHSUVDwIQjRx6BAgBEAU&url=https%3A%2F%2Fwww.greatbritishchefs.com%2Frecipes%2Fpinhead-oat-porridge&psig=AOvVaw12uly_KWILIodYKfMJq5yQ&ust=1548857359009012)Selection of cereal  Porridge  Toast |
| Lunch | [Image result for rice salad](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjKioC5k5PgAhWSDxQKHa5vAAQQjRx6BAgBEAU&url=http%3A%2F%2Fallfreesalamrecipes.blogspot.com%2F2014%2F11%2Frice-salad-recipe-salam-recipes-in-urdu.html&psig=AOvVaw390qGe5MaReJ5fzefYrr6p&ust=1548856611924617)Scrambled Egg on Toast  Rice Salad  Picnic Lunch (sometimes includes homemade bread/scones cakes ect.)  Quiche & Salad  [Image result for scrambled egg on toast](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiRlt7ak5PgAhWQEBQKHRCvC74QjRx6BAgBEAU&url=https%3A%2F%2Fwww.cerelac.co.uk%2Fscrambled-eggs-and-toast-fingers&psig=AOvVaw3Z4CLid4XfwNIOZpBNTr9p&ust=1548856888225996)Pasta Salad  [Image result for homemade pizza](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwi77_2HkpPgAhVBA2MBHRTiBiEQjRx6BAgBEAU&url=https%3A%2F%2Fhotcooking.co.uk%2Frecipes%2F1%2Fhomemade-pizza&psig=AOvVaw0NRKq2e6gJrPpaZ1TMmlDE&ust=1548856397233956)Cream cheese/Ham sandwiches (sometimes made by the children) with veg sticks.  Make your own pizza  Omelette  Soup with bread/rolls  Pesto pasta |
| Tea | [Image result for sausage casserole](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjGvOKhlJPgAhWK2OAKHUKtDXsQjRx6BAgBEAU&url=http%3A%2F%2Fwww.globescoffers.com%2Frecipe%2Fherby-sausage-casserole%2F&psig=AOvVaw14PYvMpdnE0cRBjOiw_7f3&ust=1548857011115038)Pasta in homemade vegetable sauce with vegetables.  Make your own pizza with garlic bread & salad  Spaghetti carbonara & vegetables  Beef Casserole  Roast Chicken  Jacket Potato with Cheese & beans or Tuna mayo & sweetcorn  [Image result for spaghetti bolognese](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjS8oS9kpPgAhXAAWMBHQlxC4AQjRx6BAgBEAU&url=https%3A%2F%2Fwww.parentclub.scot%2Frecipe%2Fspaghetti-bolognese&psig=AOvVaw2ECkButA8uwwQbOyOKymGm&ust=1548856551298526)Chicken and Vegetable Kebabs served with Rice  Vegetarian Spaghetti Bolognaise & Garlic Bread  [Image result for carbonara](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj12L39lJPgAhWK2BQKHbonBoMQjRx6BAgBEAU&url=https%3A%2F%2Fwww.soscuisine.com%2Frecipe%2Fspaghetti-carbonara&psig=AOvVaw0ZjRvXiUMXO_5MzvPsWsBF&ust=1548857231272467)Vegetarian Lasagne & Broccoli  Chicken Curry served with Rice or Noodles  Pasta Carbonara  Cauliflower & Broccoli Cheese  Sausages and homemade wedges & Vegetables  Vegetarian Chilli  Sausage Casserole |