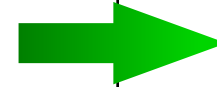
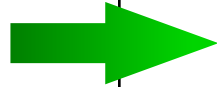


PROTEIN

**CEREAL AND STARCHY
VEGETABLES**

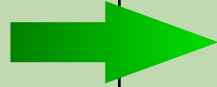
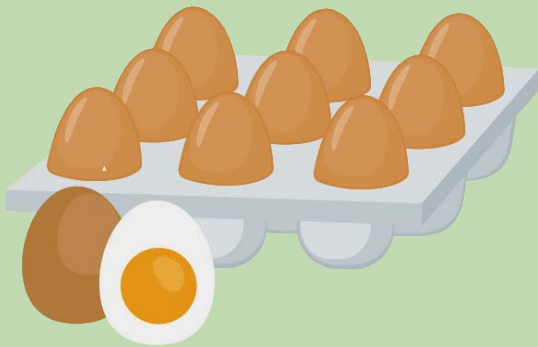
VEGETABLES



TINNED TUNA

**WITH WHOLEMEAL PITA
BREAD**

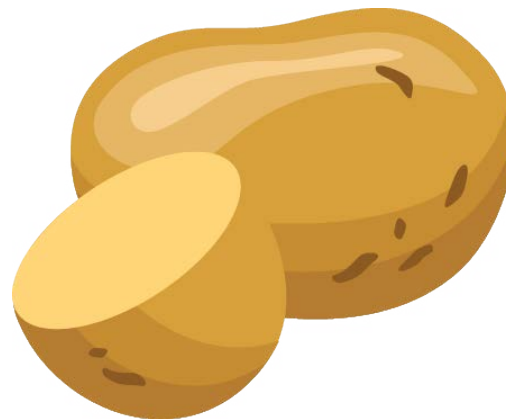
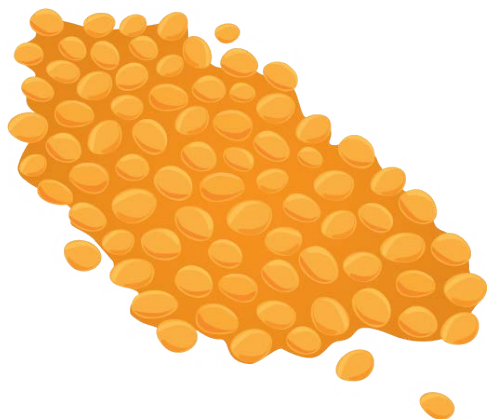
PLUS HUMMUS AND SALAD



EGG

ON WHOLEGRAIN TOAST

**WITH CAPSICUM, SPINACH
AND MUSHROOMS**



BAKED BEANS

WITH BAKED POTATO

AND SALAD