

ALIYA'S

Summer holiday lunches

SUN

Eggy bread (dip a slice of bread in beaten egg with a splash of milk & fry in a little oil)
Serve with salad
Yoghurt for dessert

MON

Wraps with cream cheese and grated carrot
Apple pieces dipped in peanut butter for dessert

TUES

Chicken drumsticks (cooked the night before) and couscous (made with stock, parsley & peas)
Banana for dessert

WED

Pitta bread fingers and cucumber sticks dipped in homous
Peach (fresh or tinned in juice) for dessert

THUR

Spanish omelette using potatoes (cooked the night before), cheese, peppers and peas
Handful of nuts for dessert

FRI

Salmon pasta salad with yogurt, tomatoes and sweetcorn (cook extra pasta the night before)
Grapes for dessert

SAT

Leftovers (or a humble sandwich)
Fruit for dessert (whatever is left!)