



# Healthy meals menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8am	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water
<b>Snack</b> 10.30am	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water
<b>Lunch &amp; pudding</b> 12noon	Cheese & tomato Pizza Baked beans  Ice cream	Marinara pasta bake Peas, cauliflower  Chocolate cake & Chocolate sauce	Roast chicken Roast potatoes Carrots, swede  Jelly	Meatballs and mashed potato Sweetcorn, broccoli  Yoghurt	Fish fingers & chips Baked beans  Sprinkle cake
<b>Snack</b> 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
<b>Tea</b> 5pm	Sausage roll, ham, cheese & veg sticks Cornflake clusters	Vegetable soup and crusty bread Yoghurt	Cheese & ham thins, crisps & salad Ice cream	Waffles & beans Jelly	Spaghetti hoops & toast Fruit

Our healthy meals menu is rotated every three weeks.



# Healthy meals menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8am	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water
<b>Snack</b> 10.30am	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water
<b>Lunch &amp; pudding</b> 12noon	Cheesy pasta Carrots Broccoli Jelly	Chicken katsu Curry & rice Peas, parsnips  Apple & cinnamon Cake	Braised beef & Yorkshire Pudding Roast potatoes Sweetcorn Green beans  Fruit & cream	Pork sausage Mash potato Baked beans  Peach crumble cake & custard	Breaded fish with chips Peas  Ice cream
<b>Snack</b> 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
<b>Tea</b> 5pm	Spaghetti hoops and Toast Yoghurt	Pizza & veg sticks Flapjack	Cheesy pasta Jelly	Vegetable soup with Crusty bread Fruit	Crumpets & veg sticks Cake

Our healthy meals menu is rotated every three weeks.



# Healthy meals menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8am	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water	Breakfast Café Milk / water
<b>Snack</b> 10.30am	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water	Healthy snack platter Milk / water
<b>Lunch &amp; pudding</b> 12noon	Beef lasagne Carrots, peas  Yoghurt	Pork sausages Potato wedges Baked beans  Jelly	Roast chicken Roast potatoes Carrots, cauliflower  Jam doughnut muffin	Beef bolognaise & Pasta Sweetcorn, swede  Fresh fruit & cream	Fish dippers & chips Baked beans  Iced Shortbread
<b>Snack</b> 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
<b>Tea</b> 5pm	Toasted muffins with toppings & salad Fruit	Crackers, cheese, ham, Salad and crisps Yoghurt	Pizza & veg sticks Flapjack	Tomato soup Crusty bread Yogurt	Pasta with sauce Jelly

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