

# 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	Mediterranean pasta Sweetcorn, broccoli  Belgium waffle	Chicken Korma with Rice & naan Peas, cauliflower  Yogurt	Roast chicken Roast potatoes with gravy Carrots, swede  Toffee apple Flapjack	Beef lasagne with garlic bread Sweetcorn Green beans  Vanilla cake & Chocolate custard	Breaded fish with chips Peas, baked beans  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	Sausage roll, ham, Cheese & veg sticks Cornflake clusters	Tomato soup Crusty bread Yogurt	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	Cheese & tomato Pizza Carrots, peas Ice cream	Sausage & Hash brown Baked beans  Chocolate Cookie	Braised beef & Yorkshire Pudding Roast potatoes Carrots Broccoli  Yogurt	Chicken goujons Diced potatoes Peas  Chocolate Crispy slice	Fish fingers with chips Baked beans  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	Spaghetti hoops and Toast Yogurt	Pizza & veg sticks Flapjack	Cheesy pasta Jelly	Tomato soup with Crusty bread Fruit	Crumpets & veg sticks Cake

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# 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	Cottage pie Sweetcorn Broccoli  Ice cream	Meatballs in a tomatosauce with pasta Carrots, parsnips  Fruit jelly	Roast turkey Roast potatoes Gravy, peas Cauliflower  Carrot cake	Pork sausages Mashed potatoes Gravy, sweetcorn Green beans  Yogurt	Fish dippers & chips Baked beans  Chocolate 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	Toasted muffins with toppings & salad Fruit	Crackers, cheese, ham, Salad and crisps Yogurt	Pizza & veg sticks Flapjack	Tomato soup Crusty bread Jelly	Fresh Sandwiches Veg sticks & Crisps Yogurt

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