



Healthy meals menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water
Snack 10.30am	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water
Lunch & pudding 12noon	Homemade beef Bolognese Pasta twirls, garlic bread Sweetcorn, mixed salad Carrot cake	Oven-baked sausages Mashed potato Spaghetti hoops Flapjack	Homemade Steak & potato pie Crusty bread Carrots, broccoli Fruit jelly	Roast chicken Roast potatoes Seasonal vegetables Yogurt	Jumbo battered Fish fingers Oven chips Baked beans Chocolate sponge with Fruit salad
Snack 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
Tea 5pm	Selection of sandwiches Yogurt	Tomato soup Crusty bread Ice cream	Jacket potato with cheese and baked beans Cake	Cheese & tomato Pizza Cookies	Pasta with Tomato sauce Fruit

Our healthy meals menu is rotated every three weeks.



Healthy meals menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water
Snack 10.30am	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water
Lunch & pudding 12noon	Chicken korma 50/50 rice Naan bread Sweetcorn, salad Cookies	Homemade Cottage pie Crusty bread Carrots, broccoli Yogurt	Roast turkey Roast potatoes Seasonal vegetables Pancakes Fruit cocktail	Breaded fish Creamed potatoes Spaghetti hoops Yogurt	Hot dog Oven chips Baked beans Orange drizzle cake
Snack 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
Tea 5pm	Baked beans & Sausages on toast Ice cream	Crackers, cheese, ham Salad and crisps Cake	Tomato soup Crusty bread Fruit	Pasta with Cheese sauce Flapjack	Fresh sandwiches Salad and crisps Ice cream

Our healthy meals menu is rotated every three weeks.



Healthy meals menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water	Cereals and toast Milk / water
Snack 10.30am	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water	Healthy biscuits or toast Fruit / raisins Milk / water
Lunch & pudding 12noon	Chicken goujons Jacket wedges Baked beans Yogurt	Roast pork Roast potatoes Seasonal vegetables Vanilla & blueberry Cupcakes	Homemade lasagne Garlic bread Carrots, sweetcorn Ice cream tubs with fruit	Chicken with a B.B.Q Sauce 50/50 Rice Carrots, peas Jam tart	Assortment of pizzas Oven chips Baked beans Yogurt
Snack 3.15pm	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water	Healthy snack Milk / water
Tea 5pm	Pizza Yogurt	Fresh sandwiches Salad and crisps Fruit	Hot dogs and fries Cake	Crackers, cheese, ham Salad and crisps Ice cream	Tomato soup Cake

Our healthy meals menu is rotated every three weeks.