



Healthy meals menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & 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 Apple crumble & custard	Homemade lasagne Crusty baguette Carrots and sweetcorn Yogurt	Slow cooked steak and Yorkshire pud Mash potato Carrots and peas Chocolate trifle	Roast chicken Roast potatoes Seasonal vegetables Cherry shortbread	Pizza Oven chips Baked beans Lemon 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	Tomato soup Crusty bread Yogurt	Crackers, cheese, ham, salad and crisps Ice cream	Jacket potato and baked beans Cake	Wholemeal ham or cheese thins Salad & crisps Fruit	Cheesy tomato pasta Yogurt

Our healthy meals menu is rotated every three weeks.



Healthy meals menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & 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 Garlic bread Sweetcorn Oatie cookies	Cheesy pasta Crusty bread Carrots and broccoli Vanilla and blueberry butterfly cakes	Roast turkey Roast potatoes Seasonal vegetables Yogurt	Oven baked sausages Mash potato Spaghetti hoops Jelly and peaches	Jumbo fish fingers Oven chips Baked beans Chocolate brownie
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	Crackers, cheese, ham, salad & crisps Ice cream	Beans on toast with sausages Cake	Fresh sandwiches Salad & crisps Fruit	Hot dogs and bridge rolls Yogurt	Tomato soup Crusty bread Ice cream

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Healthy meals menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & toast Milk / water	Cereals & 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 Victoria Sandwich	Roast pork with apple sauce Roast potatoes Seasonal vegetables Fruit meringues	Breaded fish Mashed potato Baked beans Carrot cake muffins	Chicken in tomato sauce Pasta twists Garlic bread Sweetcorn and carrots Fruit cocktails	Hot dog Oven chips Baked beans Marble shortbread
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	Cheesy pasta Yogurt	Fresh sandwiches Salad and crisps Fruit	Chicken nuggets & fries Cake	Crackers, cheese, ham, salad and crisps Ice cream	Pizza Cake

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