



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	Fish fingers Jacket wedges Spaghetti hoops Iced carrot cake	Braised steak Yorkshire pudding Mashed potato Carrots, broccoli Vanilla cheesecake	Homemade lasagne Garlic bread Carrots, sweetcorn Fresh fruit and Ice cream	Roast chicken Roast potatoes Seasonal vegetables Pancakes and Fruit cocktail	Pizza Oven chips Baked beans Yogurt
Snack 3.15pm	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water
Tea 5pm	Wraps and fillings Salad and crisps Yogurt	Tomato soup Crusty bread Ice cream	Waffles with beans and cheese 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	Chilli con Carne 50/50 rice Sweetcorn Lemon drizzle and Blueberry muffin	Oven-baked sausages Mashed potato Baked beans Apple pie and Ice cream	Roast turkey Roast potatoes Seasonal vegetables Viennese whirls	Chicken & potato pie Carrots, broccoli Yogurt	Jumbo fish fingers Oven chips Baked beans Yogurt
Snack 3.15pm	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water
Tea 5pm	Spaghetti hoops and toast Ice cream	Crackers, cheese, ham Salad and crisps Cake	Tomato soup Crusty bread Fruit	Pasta with Cheese sauce Flapjack	Thins and fillings Salad and crisps Cake

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 Korma 50/50 rice Sweetcorn Yogurt	Roast pork Roast potatoes Seasonal vegetables Butterfly cakes	Breaded fish Mashed potato Spaghetti hoops Jelly and peaches	Penne bolognese Garlic bread Sweetcorn Chocolate brownie	Hot dogs Oven chips Baked beans Oatie cookies
Snack 3.15pm	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water	Healthy snack Fruit, milk, water
Tea 5pm	Pizza Cake	Thins and fillings Salad and crisps Cake	Sausages and fries Cake	Crackers, cheese, ham Salad and crisps Ice cream	Tomato soup Yogurt

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