



Healthy meals menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water
Snack 10.30am	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water
Lunch & pudding 12noon	Cheese & tomato pizza Herby potatoes Sweetcorn Ice cream	Sausage pasta bake Peas, Parsnips Eve's crumble cake	Roast chicken Roast potatoes Carrots Cauliflower Jelly	Beef burger in a bun Roasted vegetables Sweetcorn Yogurt	Fish fingers with chips Baked beans Chocolate cookie
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	Thins and fillings Salad and crisps Yogurt	Tomato soup Crusty bread Ice cream	Waffles with beans and cheese Cake	Cheese & tomato Pizza Chocolate cornflake clusters	Pasta in Tomato sauce Jelly

Our healthy meals menu is rotated every three weeks.



Healthy meals menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water
Snack 10.30am	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water
Lunch & pudding 12noon	Cheese & tomatoe pasta bake Carrots, parsnips Raspberry flapjack	Pork sausages Potatoe wedges Bakes beans Ice ceam	Roast turkey Roast potatoes Carrots Cabbage Orange & lemon Drizzle cake	Beef lasagne Crusty bread Broccoli Sweetcorn Fruit Jelly	Breaded fish with 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	Speghetti hoops and toast Ice cream	Crackers, cheese, ham Salad and crisps Ice cream	Pasta with cheese sauce Cake	Tomato soup Crusty bread Flapjack	Thins and fillings Salad and crisps Fruit

Our healthy meals menu is rotated every three weeks.



Healthy meals menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water	Breakfast Cafe Milk, water
Snack 10.30am	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water	Healthy snack Milk, water
Lunch & pudding 12noon	Cheesy pasta Carrots, swede Chocolate brownie	Chicken katsu Rice, peas Cauliflower Jelly	Roast gammon Roast potatoes Sweetcorn, broccoli Iced carrot cake Muffin	Chicken meatballs in tomato sauce pasta Green beans, parsnips Yogurt	Fish fingers with chips Baked beans Strawberry shortbread
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 Jelly	Chicken Nuggets Smiley faces Mini Chocolate rolls	Crumpets, cheese, ham Salad and crisps Ice cream	Tomato soup Crusty bread Yogurt

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