



Healthy meals menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Toast Milk, water	Cereals Milk, water	Toast Milk, water	Cereals Milk, water	Toast Milk, water
Snack 10.30am	Crackers Apple, raisins Milk, water	Crumpets Banana, raisins Milk, water	Breadsticks Apple, raisins Milk, water	Toast Aple, raisins Milk, water	Pancakes Banana, raisins Milk, water
Lunch & pudding 12noon	Fish fingers Jacket wedges Speghetti hoops Iced carrot cake	Braised steak Yorkshire pudding Mashed potato Carrots, broccoli Vanilla cheesecake	Homemade lasagne Garlic bread Sweetcorn Ice cream	Roast chicken Roast potatoes Seasonal vegetables Yogurt	Pizza Oven chips Baked beans Jelly
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	Toast Milk, water	Cereals Milk, water	Toast Milk, water	Cereals Milk, water	Toast Milk, water
Snack 10.30am	Breadsticks Banana, raisins Milk, water	Toast Apple, raisins Milk, water	Pancakes Apple, raisins Milk, water	Crumpets Banana, raisins Milk, water	Craackers Apple, 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 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 Yogurt	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	Toast Milk, water	Cereals Milk, water	Toast Milk, water	Cereals Milk, water	Toast Milk, water
Snack 10.30am	Pancakes Apple, raisins Milk, water	Breadsticks Banana, raisins Milk, water	Crackers Banana, raisins Milk, water	Toast Apple, raisins Milk, water	Crumpets Apple, raisins Milk, water
Lunch & pudding 12noon	Chicken Korma 50/50 rice Naan bread Yogurt	Roast pork Roast potatoes Seasonal vegetables Butterfly cakes	Breaded fish Mashed potato Spaghetti hoops Jelly	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 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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