



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	Macaroni cheese Carrots Green beans Strawberry Ice cream	Beef bolognaise Mashed potato Peas, swede Marble cake	Roast chicken Roast potatoes with gravy Carrots, cauliflower Jelly	Pork meatballs in tomato sauce with pasta Sweetcorn, broccoli Oat & date cookie	Chicken nuggets with chips, peas Baked beans Chocolate & banana Muffin
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	Sausage rolls, ham, cheese & veg sticks Cornflake clusters	Vegetable soup and crusty bread Yoghurt	Cheese & ham thins, crisps & salad Jelly	Waffles & beans Ice cream	Spaghetti hoops & toast Fruit salad

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	Cheese & tomato Pizza, carrots Cauliflower Chocolate cookie	Popcorn chicken with Diced potatoes Sweetcorn Coleslaw Jelly	Roast gammon Roast potatoes with Gravy Peas, parsnips Sticky toffee cake	Chicken carbonara with Crusty bread Sweetcorn Broccoli Shortbread blice	Vegetable fingers with Chips Baked beans Yoghurt
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	Spaghetti hoops and Toast Biscuit	Pizza & veg sticks Fruit salad	Crumpets & cheese with Veg sticks Yoghurt	Vegetable soup with Crusty bread Flapjack	Pasta with cheese Jelly

Our healthy meals menu is rotated every three weeks.



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	Cheese & tomato Pasta bake Carrots, broccoli Ice cream	Margherita pizza Peas, sweetcorn Lemon cookie	Roast chicken Roast potatoes with Gravy Carrots, swede Chocolate flapjack	Pork sausages Mashed potatoes Peas, cauliflower Yoghurt	Fish fingers with Chips Sweetcorn Baked beans Rice Crispy slice
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 and veg sticks Fruit salad	Crackers, cheese, ham, Salad and crisps Yoghurt	Toasted muffin with Toppings and salad Cake	Pasta with sauce Jelly	Vegetable soup with Crusty bread Yoghurt

Our healthy meals menu is rotated every three weeks.