

Weekly meal planner

Week one

Week 1	Snack	Lunch	Pudding	Tea
Monday	Milk/water Fruit Breadsticks	Jacket potato, tuna and sweetcorn	Rice pudding and jam	Hot toasted muffins with boiled egg and ham Fresh fruit Milk/water
Tuesday	Milk/water Fruit Croissants and marmalade	Roast chicken, plain rice, mixed vegetable stir fry	Fresh fruit cocktail and natural yoghurt	Shaphetti hoops on toast Fresh fruit Milk/water
Wednesday	Milk/water Fruit Marmite on toast sticks	Mini beef burgers in a bun with salad and potato wedges	Apple crumble and custard	Soft cheese and cucumber sandwiches Fresh fruit Milk/water
Thursday	Milk/water Fruit Oatcakes	Fresh lamb kofte, mix veg cous cous, tzatiki	Pears and ice cream	Fresh homemade veg soup, brown bread and butter Fresh fruit Milk/water
Friday	Milk/water Fruit Muffins	Home made fish fingers, mas and beans	Fruit yoghurt	Chicken and sweetcorn sandwiches Fresh fruit Milk/water

All dishes are made on the premises with fresh ingredients

Any alternatives/celebrations/changes this week –

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Week 2	Snack	Lunch	Pudding	Tea
Monday	Bread sticks Milk/water Fruit	Egg fried rice, mix fresh veg Fresh tomato sauce	Natural yoghurt and raisins	Ham and salad sandwiches Fresh fruit Milk/water
Tuesday	Carrot and cucumber sticks Milk/water Fruit	Cottage pie, mash, peas and carrots	Rice pudding	Bruschetta with sliced tomato and fresh herbs Fromais frais Fresh fruit Milk/water
Wednesday	Crumpets and butter Milk/water Fruit	Chicken korma, basmati rice, naan bread	Pineapple upside down cake	Crackers and marmite Fresh fruit Milk/water
Thursday	Rice cakes Milk/water Fruit	Battered cod, potato wedges and mushy peas	Fruit jelly and ice cream	Home made tomato soup with brown bread and butter Fresh fruit Milk/water
Friday	Pitta bread and soft cheese dip Milk/water Fruit	Chicken enchiladas, green salad, home made salsa dip	Fruit yoghurt	Hard dough bread and guava jam Fresh fruit Milk/water

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Week 3	Snack	Lunch	Pudding	Tea
Monday	Bread and butter Milk/water Fruit	Jacket potato, baked beans and grated cheese	Angel delight	Cheese and ham sandwiches Fresh fruit Milk/water
Tuesday	Muffins and honey Milk/water Fruit	Boiled bacon and cabbage, mashed potato and mushy peas	Bread and butter pudding	Hot chocolate and toast Fresh fruit Milk/water
Wednesday	Selection of peelable fruit (bananas, satsumas etc) Milk/water Fruit	Chicken and mushroom pie, fresh broccoli and green salad	Fruit yoghurt	Houmous with carrot and celery sticks Fresh fruit Milk/water
Thursday	Soda bread and butter Milk/water Fruit	Home made tuna and sardine fish cakes, fresh parsley sauce and garden peas	Jelly with fruit cocktail	Egg sandwiches Fresh fruit Milk/water
Friday	Oatcakes Milk/water Fruit	Chilli con carne and boiled rice Mixed salad	Ice cream and fresh fruit	Chicken and salad pittas Fresh fruit Milk/water

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Week 4	Snack	Lunch	Pudding	Tea
Monday	Bread sticks Milk/water Fruit	Quorn meatballs, vegetable sauce and pasta	Sponge and custard	Scramble egg on toast Fresh fruit Milk/water
Tuesday	Crackers and marmite Milk/water Fruit	Chicken chow mein, mixed salad	Fresh fruit cocktail	Tuna and cheese melts Fresh fruit Milk/water
Wednesday	Pitta bread with ham Milk/water Fruit	Lamb curry, basmati rice, naan bread	Ice cream	Spaghetti hoops on toast Fresh fruit Milk/water
Thursday	Crumpets and marmalade Milk/water Fruit	Home made pizza with assorted topping and cheese	Fruit yoghurt	Chorizo pasta salad Fresh fruit Milk/water
Friday	Oatcakes Milk/water Fruit	Chicken and vegetable risotto	Bread and butter pudding	Soft cheese and crackers Fresh fruit Milk/water

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Week 5	Snack	Lunch	Pudding	Tea
Monday	Toast and butter Milk/water Fruit	Tuna and sweetcorn pasta and cheese bake	Natural yoghurt and honey	Spaghetti on toast Fresh fruit Milk/water
Tuesday	Oatcakes Milk/water Fruit	Puff pastry baked with goats cheese, garlic and thyme Veggie sausages	Pineapple upside down cake	Chicken and salad pittas Fresh fruit Milk/water
Wednesday	Cheese and toast Milk/water Fruit	Paella, green salad	Prunes and custard	Carrot and coriander home made soup Fresh fruit Milk/water
Thursday	Croissants Milk/water Fruit	Thai green chicken curry Jasmine rice	Bread and butter pudding	Cream cheese and cucumber sandwiches Fresh fruit Milk/water
Friday	Rice cakes Milk/water Fruit	Sausage,mash and beans	Fresh fruit jelly	Scrambled egg on toast Fresh fruit Milk/water

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Week 6	Snack	Lunch	Pudding	Tea
Monday	Oatcakes Milk/water Fruit	Quorn spaghetti bolognaise mixed salad	Chocolate sponge cake	Home made vegetable soup, brown bread Fresh fruit Milk/water
Tuesday	Bread and butter Milk/water Fruit	Steak and mushroom pie, mash and carrots	Fresh fruit salad	Pitta bread and tzatziki Fresh fruit Milk/water
Wednesday	Cheese and pineapple Milk/water Fruit	Butternut squash and spinach curry Basmati rice	Apple crumble and custard	Marmite and crackers Fresh fruit Milk/water
Thursday	Celery, carrot and cucumber sticks Milk/water Fruit	Roast turkey, mash potaotes, carrot and parsnips	Ice cream	Sliced tomato sandwichs Fresh fruit Milk/water
Friday	Rice cakes/bread sticks Milk/water Fruit	Jallof rice with minced lamb Mixed veg cous cous	Fruit yoghurt	Fresh fruit Milk/water

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