



# WEEKLY Meal Planner

Monday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Fruit platter
<b>LUNCH:</b> Chickpea stew with Cheese Sandwich, lettuce and tomatoes. Natural yoghurt
<b>PM SNACK:</b> Soft cheese/strawberry jam and breadsticks
<b>DINNER:</b> Jollof rice, roasted chicken & Veg Pudding: Yoghurt

Tuesday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Cucumber sticks/cheese crackers
<b>LUNCH:</b> Chicken Noodles, Broccoli/sweetcorn Fried/boiled eggs Apple slices
<b>PM SNACK:</b> Fruit Platter
<b>DINNER:</b> Lasagne (mixed veggies + Cheese Pudding: Custard + banana cake

Wednesday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Fruit platter
<b>LUNCH:</b> Tomatoes soup with croissant Natural yoghurt
<b>PM SNACK:</b> Mini Sausage rolls
<b>DINNER:</b> Margherita Pizza, garlic bread, wings Pudding: Yoghurt

Thursday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Crumpets with butter/soft cheese
<b>LUNCH:</b> American style pancake topped with bacon/ berries Natural yoghurt
<b>PM SNACK:</b> Fruit platter
<b>DINNER:</b> Spaghetti Bolognese Pudding: Yoghurt / Berries

Friday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Fruit platter
<b>LUNCH:</b> Tuna and Sweetcorn Pasta Corn on the cob
<b>PM SNACK:</b> Soft cheese/strawberry jam and breadsticks
<b>DINNER:</b> Jacket potatoes, beans and cheese Pudding: Fruit yoghurt

Saturday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Rice cakes with carrots
<b>LUNCH:</b> Mince stew with potato mash, carrots and broccoli Custard with banana slices
<b>PM SNACK:</b> Fruit platter
<b>DINNER:</b> Roast Mackerel Fish, Potatoes / Plantain, Mixed Vegetables Pudding: Ice Cream

Sunday
<b>BREAKFAST:</b> Selection of cereals, porridge, weetabix and toast
<b>AM SNACK:</b> Bagel & soft cheese with cucumbers
<b>LUNCH:</b> Mac and cheese Natural yoghurt
<b>PM SNACK:</b> Fruit platter
<b>DINNER:</b> Rice & Chicken Stew Pudding: Strawberries with yoghurt

Notes
<b>The menu is subject to change without advance notice!</b>
<ul style="list-style-type: none"> <li>• Water and milk is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water, milk and juice. All juice served is 100% fruit juice.</li> <li>• Alternative choices are made ready for children with allergies or food intolerance.</li> <li>• Please let me know if your child will need any alternative choice/s.</li> <li>• Fresh and dried fruits are available all day.</li> </ul>