

Weekly Sample Menu

	Breakfast	Lunch	Dinner
Monday	Toast/cereal/croissant/yoghurt/fruit/crumpets	Soup with bread	Shepherd's pie and veg
Tuesday	Toast/cereal/croissant/yoghurt/fruit/crumpets	Sandwiches/wraps and crisps	Chicken curry and rice
Wednesday	Toast/cereal/croissant/yoghurt/fruit/crumpets	Fish fingers/chicken nuggets with beans or sweet corn	Sausage and mash
Thursday	Toast/cereal/croissant/yoghurt/fruit/crumpets	Beans/scrambled egg on Toast	Pasta Bake - chicken/vegetable
Friday	Toast/cereal/croissant/yoghurt/fruit/crumpets	Sandwiches/wraps and crisps	Lasagne and garlic bread

Example of Puddings: Fruit/yoghurt, Ice-cream, Rice pudding, Angel Delight, Cake/biscuits/Apple pie and custard

Snacks: Fruit/carrots/bread sticks/peppers/cheese/cucumber and any other healthy snacks available

Drinks: Milk/water/fresh juice