



Week 1

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Every morning children are offered a choice of cereals, toast, yoghurts, milk and fresh fruit for breakfast.				
Am Meal 11 o'clock	Mince and Onion Gravy with Baby Carrots and Crispy Potatoes 1, 13	Beef Stroganoff and Rice 7	Sweet Potato and Chickpea Curry with Couscous	Sunny Fish Pie 5	Pea and Linguine 1
Desert	Fruit and Yogurt 7	Apricot Flapjack	Mint Chocolate Cookies 4, 7	Grape Jelly	Watermelon
Pm Meal 3 o'clock	Veggie Chilli and Pasta with Nachos	Mackreloni Cheese and Broccoli 5, 7	Sausages, Roast New Potatoes, and Green Beans 1, 13	Chicken, Spinach and Wedges with Mini Corn on the Cob.	Shepherd's Pie with Celeriac Mash 1, 13
Desert	Chocolate Muffins 4, 5, 7	Orange Slices	Lemon Meringue 4, 7	Apple and Kiwi	Jam Sponge 4



Week 2

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Every morning children are offered a choice of cereals, toast, yoghurts, milk and fresh fruit for breakfast.				
Am Meal 11 o'clock	Tomato Soup with Wholemeal Bread 1,2	Fish and Cauliflower in Cheese Sauce with Potato Wedges 5, 7	Cottage Pie 13	Bolognaise with Couscous	Fish Fingers, Waffles and Peas and Sweetcorn 5
Desert	Pear and Fruit Sauce	Carrot Cake 4	Strawberry Mousse 7	Ginger Bread 4	Fruit Salad
Pm Meal 3 o'clock	Roast Dinner Gammon or Chicken 1, 13	Chicken Pie and Boiled Potatoes 1	Ham and Pea Pasta in a Tomato Sauce	Corn Beef Mash and Beans	Chicken Noddle Soup 1
Desert	Peaches and Cream 7	Pineapple and Mango	Chocolate Tart 7	Bananas and Custard (Custard will be made with Coconut Milk for children with dairy and lactose intolerances)	Pineapple Upside- down Cake 4