



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	Chicken goujons Jacket wedges Baked beans Victoria Sandwich	Roast pork with apple sauce Roast potatoes Seasonal vegetables Fruit jelly	Italian style chicken in a tomato sauce Pasta spirals Crusty bread Sweetcorn Yogurt	Diced beef in a Yorkshire pudding Mashed potato Carrots Green beans Chocolate fudge brownie	Assortment of pizzas Oven chips Baked beans Fresh cocktail & ice cream
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	Crackers, cheese, ham, salad & crisps Ice cream	1/2 Jacket potato Baked beans Fruit	Pitta pockets Humous & pepper sticks Banana & custard	Tomato soup Crusty bread Yogurt	Cheesy tomato pasta Rice pudding

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	Chicken korma 50/50 rice Naan bread Sweetcorn Carrot & cucumber batons Blueberry & vanilla muffins	Homemade lasagne Garlic bread Sweetcorn Vanilla shortbread Fruit cocktail	Oven baked sausages Mashed potato Baked beans Fruit jelly	Roast chicken Roast potatoes Seasonal vegetables Chocolate trifle	Jumbo fish fingers Oven chips Baked beans Orange drizzle cake
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	Tomato soup Crusty bread Ice cream	Beans on toast Sausages Shortbread	Fresh sandwiches Salad & crisps Fruit	Tuna pasta bake Yogurt	Fish fingers Baked beans Cake

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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	Homemade beef bolognese Pasta twirls Garlic bread Sweetcorn Apple crumble & custard	Sweat & sour chicken 50/50 Rice Crusty bread Carrots Peas Iced marble sponge	Roast turkey Roast potatoes Seasonal vegetables Yogurt	Breaded cod Mashed potato Spaghetti hoops Butterfly cakes	Hot dog Oven chips Baked beans Homemade Viennese whirls Fruit cocktail
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	Fresh sandwiches Salad & crisps Fruit	Pizza & carrot sticks Sponge & custard	Chicken nuggets & fries Flapjack	Crumpets Cream cheese Ham & crisps Ice cream	Soup Crusty bread Frozen yogurt

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