

SAMPLE MENU

WEEK ONE

MEALS	Monday	Choose Day	We Make Day*	Thursday	Stir Fryday
Breakfast Planned to provide approximatley 20% of a childs daily energy and nutritional requirements	Toast with preserves or cereals weetabix, cornflakes	Toasted crumpets or cereals e.g weetabix, cornflakes	Toast or cereals e.g weetabix, cornflakes	Porridge with the option of honey or raisins.	Toasted crumpets with preserves or cereals e.g weetabix, cornflakes
Mid Morning Snack Planned to provide approximatley 10% of a childs daily energy and nutritional requirements	Pitta bread fingers with homous and cucumber	Fruit smoothie* and/or fruit platter	Breadsticks with ham and cucumber	Rice cakes with cheese and apple	Fresh vegetable kebabs
Lunch Planned to provide approximatley 30% of a childs daily energy and nutritional requirements	Spaghetti carbonara with garlic bread Flapjack*	Cod with boiled potatoes, vegetables and parsley sauce Yoghurt and mixed fruit with a biscuit crumb	Chicken fajitas with sweetcorn salsa Our cake or cookies*	Lamb Hotpot with mixed vegetables Fruit Flan	Oriental vegetable stir fry with boiled rice and prawn crackers Strawberry cheesecake
Mid-Afternoon Snack Planned to provide approximatley 10% of a childs daily energy and nutritional requirements	Mixed platter- seasonal vegetables, fruit options	Mixed platter- seasonal vegetables, fruit options	Mixed platter- seasonal vegetables, fruit options	Mixed platter- seasonal vegetables, fruit options	Mixed platter- seasonal vegetables, fruit options
Dinner Planned to provide approximatley 20% of a childs daily energy and nutritional requirements	Macaroni cheese with salad Biscuit with milk	Boiled egg with soldiers Flapjack*	Pitta pockets with ham or cheese and crudites Biscuit with milk	Tuna melt Biscuit with milk	Ham and cheese toastie with salad Biscuit with milk