

Food Options Example

Breakfast

A selection of cereals, toast and fruit

Morning and Afternoon Snacks

A selection of fruit and savoury

Lunch

	Week 1	Week 2
Monday	Vegetable Pasta with Crusty Bread, followed by Ice-cream or Yoghurt	Baked Potatoes with Cheese & Beans followed by Yoghurt
Tuesday	Cottage Pie & Vegetables followed by Yoghurt	Sausage, Mashed Potatoes & Vegetables followed by Jelly or Yoghurt
Wednesday	Chicken Curry, Naans & Vegetable Rice followed by Bananas & Custard or Yoghurt	Cheesy Pizza & Salad followed by Melon & Orange Slices
Thursday	Fish Fingers, Mashed Potatoes & Peas followed by Melon & Orange Slices	Chilli, Pitta & Vegetable Rice followed by Bananas & Custard or Yoghurt
Friday	Baked Potatoes with Cheese & Beans followed by Jelly or Yoghurt	Pasta Bake & Crusty Bread followed by Ice-Cream or Yoghurt

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Crackers with Vegetable Sticks & Grapes	Beans on Toast followed by Fruit	Pasta with a Vegetable Sauce followed by Fruit	Ham Sandwiches with Vegetable Sticks followed by Fruit	Cheese Sandwiches with Apple Slices & Grapes