

WEEKLY MENU

WEEK 1

DAYS/ MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8-9am) 	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix	Cornflakes Rice Krispies Porridge Weetabix
Lunch (11.30am) 	Main: Jacket potatoes cheese & beans Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Main: Sweet potato fries, fish fingers & peas Salad: cucumber, sweetcorn, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Main: Pasta, vegetables & garlic bread Salad: cucumber, carrots, peppers, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Main: Mix vegetable rice Vegetarian sausages Salad: cucumber, Sweetcorn, tomatoes Fruit/yoghurt plain & flavoured (vegan)	Macaroni cheese with sweetcorn Salad: cucumber, Sweetcorn, tomatoes Fruit/yoghurt Plain & flavoured (vegan)
TEA (3pm) 	Jam sandwiches Fruit/yoghurt/milk	Crackers & cheese spread Fruit/yoghurt/milk	Buttered crumpets Fruit/yoghurt/milk	Toasted teacakes Fruit/yoghurt/milk	Breadsticks with dips Fruit/yoghurt/milk