**Weekly Meal Planner WEEK 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Selection Of Cereals, Porridge, Fruit Juice, Milk Or Water | Selection Of Cereals, Porridge, Fruit Juice, Milk Or Water | Selection Of Cereals, Porridge, Fruit Juice, Milk Or Water | Selection Of Cereals, Porridge, Fruit Juice, Milk Or Water | Selection Of Cereals, Porridge, Fruit Juice, Milk Or Water |
| **Snack** | Wholemeal Toast And Spread Or Fresh Fruit  Milk Or Water | Wholemeal Toast And Spread Or Fresh Fruit  Milk Or Water | Wholemeal Toast And Spread Or Fresh Fruit  Milk Or Water | Wholemeal Toast And Spread Or Fresh Fruit  Milk Or Water | Wholemeal Toast And Spread Or Fresh Fruit  Milk Or Water |
| **Lunch** | Homemade Cottage Pie With Fresh Steamed Vegetables | Sweet & Sour Chicken And Rice | Homemade Cheese And Potato’ Pie And Beans | Roast Chicken Dinner With New Potatoes And Fresh Steamed Vegetables And Gravy | Homemade Fish Cakes Mash Potato And Peas |
| **Dessert** | Greek Yoghurt And Honey Or Fresh Fruit | Chocolate Sponge And Custard Or Fresh Fruit | Ice Cream Sundae Or Fresh Fruit | Fruit Cocktail | Strawberry Mousse Or Fresh Fruit |
| **Snack** | Apple And Pear | Pains AU Chocolat Or Fresh Fruit | Banana And Raisins | Rice Cakes Or Fresh Fruit | Scones And Jam Or Fresh Fruit |
| **Tea** | Cheese Spread On Toast | Soup and a roll | Crumpet Spread Optional Jam | Selection Of Sandwiches | Hot Dogs Or Veggie Sausages |
| **Dessert** | Oat Biscuit Or Fresh Fruit | Jam Tarts Or Fresh Fruit | Yoghurt Or Fresh Fruit | Wafers Or Fresh Fruit | Fresh fruit salad |