

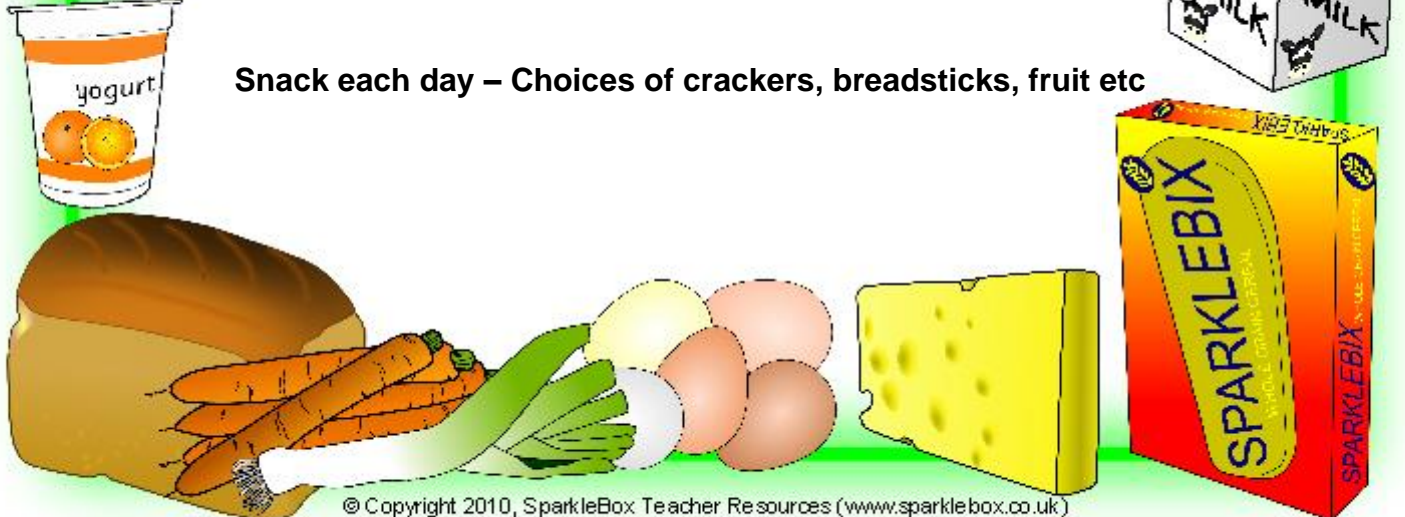
Healthy Eating

Week 1

Breakfast each day – Cereals and milk, Toast.

	LUNCH	TEA
Monday	Salmon, cheese and broccoli pasta bake Yoghurt	Potato waffle & beans Gingerbread
Tuesday	Chicken breast, potatoes, & vegetables Sponge and custard	Sandwiches with assorted fillings & vegetable sticks Choice of fruit
Wednesday	Pork in coriander, potato wedges & rice Fresh fruit	Spaghetti hoops on toast Yoghurt
Thursday	Pasticcio Rice crispy cake	Potato cakes & cucumber Choice of fruit
Friday	Potato & cheese bake with beans Choice of fruit	Crumpets with cheese, and tomato Yoghurt

Snack each day – Choices of crackers, breadsticks, fruit etc



Healthy Eating

Week 2

Breakfast each day – Cereals and milk, Toast.

	LUNCH	TEA
Monday	Vegetable curry & rice Choice of fruit	Omelette Yoghurt
Tuesday	Turkey lasagne & broccoli Yoghurt	Make your own pizza with assorted toppings Choice of fruit
Wednesday	Fish pie & sweetcorn Tray bake	Beans on toast Choice of fruit
Thursday	Corned beef hash Fruit and custard	Bagel, cream cheese & cucumber Homemade biscuits
Friday	Cheese and onion swirl, beans, & new potatoes Yoghurt	Sandwiches with assorted fillings & tomato slice Choice of fruit

Snack each day – Choices of crackers, breadsticks, fruit etc

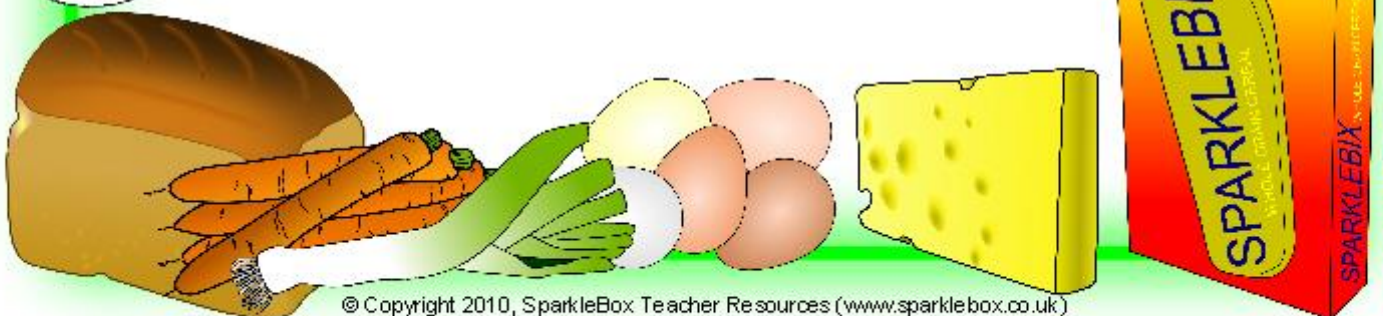
Healthy Eating

Week 3

Breakfast each day – Cereals and milk, toast.

	LUNCH	TEA
Monday	Meatballs in tomato sauce & spaghetti Yoghurt	Jacket potato with assorted fillings Choice of fruit
Tuesday	Quiche, new potato & beans Choice of fruit	Sandwiches with assorted fillings & cucumber Yoghurt
Wednesday	Shepherd's pie with sweet potato topping & vegetables Yoghurt	Wraps with assorted fillings & carrot sticks Choice of Fruit
Thursday	Chicken a la king & rice Sponge and custard	Salmon potato cakes & beans Choice of fruit
Friday	Meat pie, seasonal vegetables & potatoes Milk pudding	Cheese and crackers, cucumber & tomato Cake/Biscuit

Snack each day – Choices of crackers, breadsticks, fruit etc



Healthy Eating

Week 4

Breakfast each day – Cereals and milk, Toast.

	LUNCH	TEA
Monday	Vegetable pasta Yoghurt	Fish finger sandwich Homemade biscuit/cake
Tuesday	Chicken and mushroom pie, potatoes, seasonal vegetables & gravy Choice of fruit	Toasties with assorted fillings Yoghurt
Wednesday	Chilli and rice Milk Pudding	Garlic bread with cheese Choice of Fruit
Thursday	Lamb hotpot & mushy peas Fresh fruit	Crumpets with butter, cheese, & tomato Rice crispy cake
Friday	Sausage and bean pasta bake Yoghurt	Scotch pancakes Fresh Fruit

Snack each day – Choices of crackers, breadsticks, fruit etc

