<u>Week 1</u>

Nealthy Eating

Breakfast each day – Cereals and milk, Toast.

J			$\langle \rangle$
Øyogurt/	LUNCH	TEA	X
	Salmon, cheese and	Potato waffle	\sim
epc	broccoli pasta bake	& beans	
Monday			Ì
	Yoghurt	Gingerbread	1
	Chicken breast, potatoes,	Sandwiches with assorted	
da	& vegetables	fillings & vegetable sticks	
uesda			JV/
N WE	Sponge and custard	Choice of fruit	
av av	Pork in coriander,	Spaghetti hoops	Aste
pse pse	potato wedges & rice	on toast	
de to p	person and age to meet		Cash
Vednesday	Fresh fruit	Yoghurt	1 Carlo
		Potato cakes	
day	Pasticcio	& cucumber	
Thursday			~_
1 F	Rice crispy cake	Choice of fruit	
16	Potato & cheese bake	Crumpets with cheese,	
day NUS	with beans	and tomato	
Piz-			
	Choice of fruit	Yoghurt	
	1		the milt
the second	Snack each day – Choices of crac	ckers breadsticks fruit etc	E
yogurt			XIBE TRAFT
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		m l	
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Healthy Eating Week 2 Breakfast each day - Cereals and milk, Toast. TEA LUNCH yoqur Vegetable curry & rice Omelette Vonday Choice of fruit Yoghurt Turkey lasagne Make your own pizza with **Tuesday** & broccoli assorted toppings Yoghurt Choice of fruit Wednesday Fish pie & sweetcorn Beans on toast Tray bake Choice of fruit Bagel, cream cheese hursday Corned beef hash & cucumber Fruit and custard Homemade biscuits Cheese and onion swirl, Sandwiches with assorted dav fillings & tomato slice beans, & new potatoes Yoghurt Choice of fruit Snack each day - Choices of crackers, breadsticks, fruit etc yogur

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Week 3

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Realthy Eating

Breakfast each day – Cereals and milk, toast.

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yogurt/	LUNCH	ТЕА	
	Meatballs in tomato	Jacket potato with	- Car
Mondav	sauce & spaghetti	assorted fillings	
No Market	Yoghurt	Choice of fruit	
esday	Quiche, new potato & beans	Sandwiches with assorted fillings & cucumber	
Tues	Choice of fruit	Yoghurt	
dav	Shepherd's pie with sweet	Wraps with assorted	
Uest	potato topping & vegetables	fillings & carrot sticks	Res 1
Wednesdaw	Yoghurt	Choice of Fruit	
Thursday	Chicken a la king & rice	Salmon potato cakes & beans	
Thu	Sponge and custard	Choice of fruit	
	Meat pie, seasonal vegetables & potatoes	Cheese and crackers, cucumber & tomato	
<u>i</u>	vegetables & potatoes		
	Milk pudding	Cake/Biscuit	Kt MIL
yogurt	Snack each day – Choices of crac		LEE THEY US.
		E EB	
-			New York

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Week 4

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Nealthy Eating

Breakfast each day – Cereals and milk, Toast.

yogurt/	LUNCH	TEA	
Monday	Vegetable pasta	Fish finger sandwich	
Mor	Yoghurt	Homemade biscuit/cake	
esday	Chicken and mushroom pie, potatoes, seasonal vegetables & gravy	Toasties with assorted fillings	
Put and a second	Choice of fruit	Yoghurt	
ednesday	Chilli and rice	Garlic bread with cheese	
Wedr	Milk Pudding	Choice of Fruit	
Thursday	Lamb hotpot & mushy peas	Crumpets with butter, cheese, & tomato	
μ	Fresh fruit	Rice crispy cake	. *
	Sausage and bean pasta bake	Scotch pancakes	
	Yoghurt	Fresh Fruit	ILK MIL
yogurt	Snack each day – Choices of crac	kers, breadsticks, fruit etc	XHE THE W
			R I

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