

WEEKLY MENU (EXAMPLE)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal	Oats Porridge	Cereal	Baked Beans & Toast	Cereal
Morning Snack	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits
Lunch	Rice & Peas + Chicken and Vegetables	Lasagne + Chips	Couscous + Beef Stew & Vegetables	Spaghetti Bolognese + Vegetables	Fish Fingers, Peas + Chips
Vegetarian/Vegan Lunch	Rice & Peas + Quorn & Vegetables	Vegetable Lasagne + Chips	Couscous & Lentils + Vegetables	Bolognese (Quorn Mince) + Vegetables	Veggie Fingers & Peas + Chips
Afternoon Snack	Raisins & Oat Biscuits	Oranges & Breadsticks	Banana & Biscotti	Grapes & Biscuits	Cucumber & Carrot sticks
Tea	Pancakes & Blueberries	Toasted Crumpets & Cheese	Waffles & Fresh Fruits	Warm Brioche & Strawberries	Yoghurt & Fresh Fruits