

# WEEKLY MEAL PLANNER (SPRING/SUMMER 2017)

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with warm milk or cold, toast and butter, with milk or water to drink. A Selection of fruit will also be available.				
<b>Snack</b>	A selection of fresh fruit and milk				
<b>Lunch Time</b>	Macaroni Cheese, Peas & sweetcorn	Meatballs in a gravy sauce with creamy mash potato and a side of vegetables	Quorn Vegetarian Lasagne with a side seasonal vegetables	Stir fry chicken noodles with a side of seasonal vegetables	Fish Cakes Mushy Peas & Creamed Potato
<b>Dessert</b>	Sponge cake & Custard	Oaty Biscuit	Strawberry Yogurt	Banana cake	Fruit Crumble and Custard
<b>Snack</b>	A selection of fresh fruit and milk				
<b>Tea Time</b>	Tuna and mayonnaise wrap with salad sticks	Mix Pasta and Potato Salad	Beans on toast with a selection of salad sticks	Cheese crackers with a selection of salad sticks	Make your own pizza!

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with warm milk or cold, toast and butter, with milk or water to drink. A Selection of fruit will also be available.				
<b>Snack</b>	A selection of fresh fruit and milk				
<b>Lunch Time</b>	Shepherd's Pie & Seasonal Vegetables	Spaghetti meat balls in tomato sauce with a side of vegetables	Fish and rice with a side of vegetables	Chicken stew with roast potato and vegetables	Tomato and Basil Pasta bake with a side of seasonal veg
<b>Dessert</b>	Marble sponge with custard	Strawberry Yogurt	Oaty Biscuit	Rice Pudding	Make your own cupcake
<b>Snack</b>	A selection of fresh fruit and milk				
<b>Tea Time</b>	Buttered Crumpets & Salad Sticks	Cheese and Cucumber Sandwiches	Toasted bagels with cream cheese, salad slices	Tuna Cucumber pitta	Tomato soup with wholemeal bread