

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit
Morning Snack Planned to provide 10% of a child's daily nutritional requirements	Fruit salad	Peach slices and plain yoghurt	Wholemeal toast with spread	Ritz crackers served with sliced strawberries	Scotch pancakes with sliced apples
	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Turkey meatballs in a tomato based sauce with spaghetti (or mixed vegetables in a tomato based sauce)	Beef and mushroom stroganoff served with orzo	Chicken hotpot (or vegetable hotpot) with green runner beans	Tuna pasta bake with garlic bread	Jacket potatoes with cheese and beans
	pudding: Fruit yoghurt pots	pudding: Angel delight	pudding: Seasonal fruit platter	pudding: Summer crumble and custard	pudding: Sliced grapes and melon
Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements	Crumpet with spread	Toasted pitta bread and houmous	Crackerbread served with cream cheese	Pepper slices and cheese chunks	Rice cakes with cucumber sticks
	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink
Light Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Tuna, mayonnaise and sweetcorn wraps served with cucumber sticks	Couscous served with chicken goujons and vegetable sticks	Scrambled egg on wholemeal toast	Cheese ploughman's tea (served with cheese, pickle, vegetable crudites and a soft roll)	Oven baked baguettes with cheese and ham
Note: Fresh drinking water must be available and accessible at all times.					